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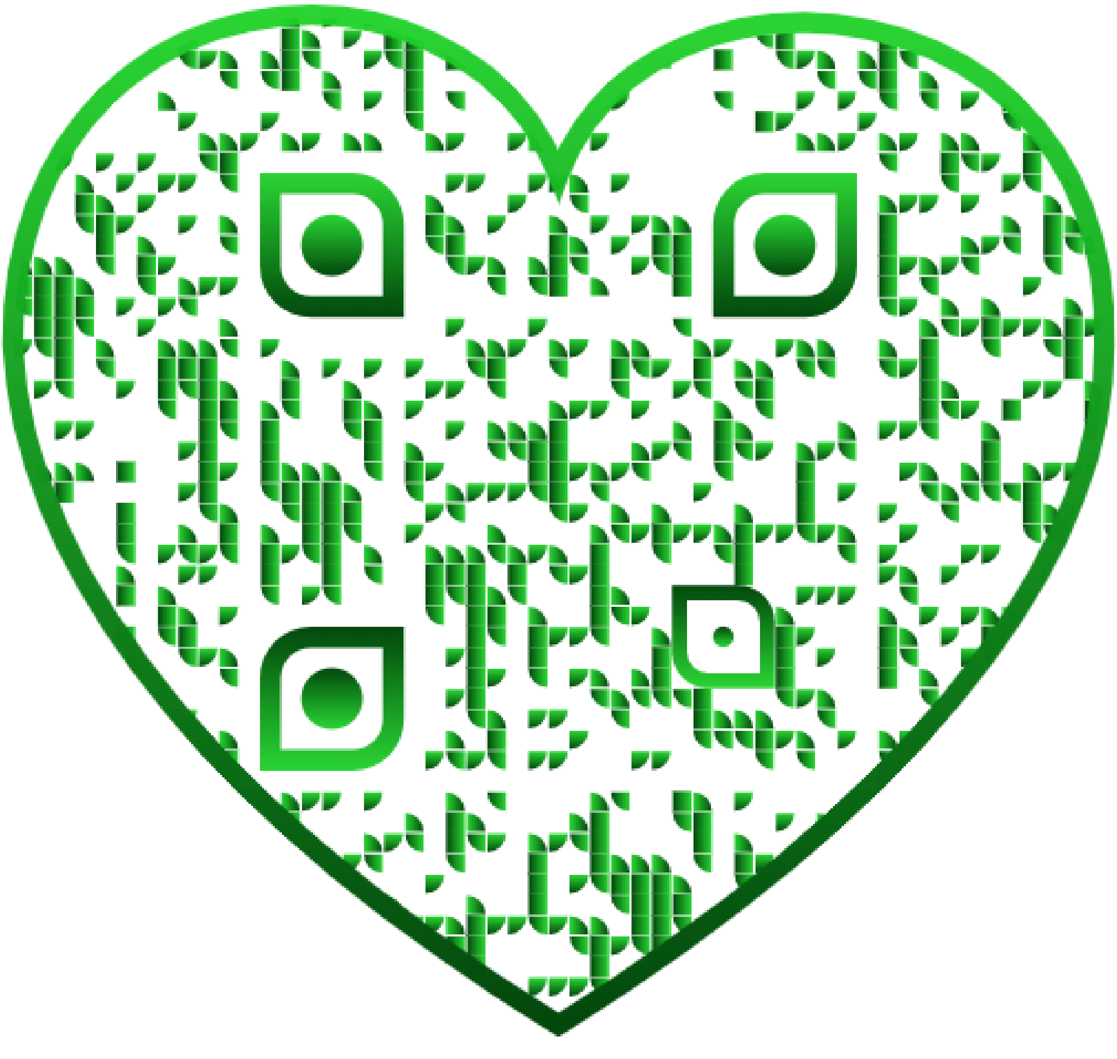
The most powerful bond there is...

MEET OUR NEW COLUMNIST...
Ann Widdecombe, Queen of Common Sense

AND JUST LIKE THAT...

CARRIE'S BACK!

10 JUNE 2025 ISSUE 23



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Pick up a fruity bargain treat

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Samia celebrates 25 years in *Corrie*

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Channel Summer with this stylish palette

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Sofía Vergara wants a man!

Welcome to our new look *best* magazine

It's jam-packed with new and exciting content and all the regulars you look forward to every Tuesday.

From this issue, we will be 32 pages bigger every week. And what that means is your great-value *best* has even more to offer.

You won't need to splash out on a separate TV magazine as now you can get your listings in *best*. We have extra puzzles, more offers and more brilliant page-turning real-life reads.

Along with all our regular finger-on-the-pulse celeb news, plus pages of beauty, gardening, recipes, great home buys and fabulous fashion.

A giant welcome to our new columnist Ann Widdecombe... we all know her as a straight-talking politician and we all found new respect when she donned her dancing shoes (she put her foot down when it came to the fake tan!) and became one of *Strictly*'s most loved contestants ever... Now she's going to be sharing her common sense with *best* readers.

We've also got a fab page that looks at how to turn the clock back with sensible (and some strange) advice for every budget on what works and what doesn't from the Queen of Harley Street, skin expert Lesley Reynolds.

Your new *best* is full of inspo and fun – there's never a dull moment when you have *best* around...

I hope you love our new bigger and better mag as much as I do... let me know what you think.

EDITOR IN CHIEF
SIOBHAN WYKES

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COVER PICTURES: GETTY, SHUTTERSTOCK
THIS PAGE: GETTY, MIKE MARSLAND/WIREIMAGE

• **Please let me know your thoughts, siobhan.wykes@hearst.co.uk**

START YOUR week with a smile

Instagram/
carrielbjohnson

1

NAPPY NEWS!

A new member of Boris Johnson's family was introduced to the world last week... The former Prime Minister's wife, Carrie, had her fourth child, Poppy, (following sons Wilfred, Frank and daughter Romy). The 37-year-old wrote on Instagram: 'I can't believe how pretty and tiny you are.' It makes number nine for Boris. He'll soon have enough for a cabinet...

2

4

It's All Wright Now

They famously had a bust-up in 2016 at V festival, but Danny Dyer and Mark Wright have reportedly healed their rift. Danny's wife Jo Mas said: 'Danny sees Jess (Mark's sister) a lot at events, they were cool, there is nothing there.' She added how much she loves Mark and wife Michelle Keegan's daughter's name, saying: 'I said to my daughter Dani, "Oh my god, why did we not name one of your little girls Palma?!"'

WORDS: *HELEN PIKE, DANIELLE SOUTHWOOD, RACHEL COPE* PICTURES: *GETTY IMAGES, SHUTTERSTOCK*

Who **wowed** the crowd?

Nothing says 'red carpet showstopper' quite like a gown with a massive train. Heidi Klum stunned at Cannes Film Festival in a pink billowing Elie Saab dress, Jameela Jamil looked radiant in a mint Ali Karoui design and Cynthia Nixon opted for a cool hue with a voluminous feathered number by Richard Quinn.

Heidi Klum looked fantastic in a dramatic pink gown on the red carpet at Cannes Film Festival

3 FOR EVERY WOMAN!

A musical about the life of singing sensation, Chaka Khan, will play in London next year. With a book by Nia T Hill, *I'm Every Woman – The Chaka Khan Musical* aims to 'reveal the woman behind the diva, and her rise to stardom.' It will feature songs from Chaka's time leading Rufus as well as her solo career. Numbers include 'I Feel For You', 'Ain't Nobody' and 'Higher Love', while characters will include her famous friends, Joni Mitchell, Prince, Stevie Wonder, and Robert Palmer...

5 DESIGNER DUPES!

OPULENCE FINE FRAGRANCE
EBONY FLAME
EBONY FLAME

How about this for a designer-inspired dupe? Matalan has launched a brand new series called Matalan Unmissables, a range of limited edition items at bargain prices. The first to land in stores is this selection of diffusers, priced at £18, and our favourite, super sized candles, priced at £9. You'll find four different fragrances including Ebony Flame, pictured, and our favourite, Velvet Petal & Oud, which fills the room with a gorgeous scent. Find them in stores now.

START YOUR

week with a smile

Now

Jennifer was the picture of glamour at Cannes

Fashion throwback

6

From fresh-faced teen to full-on fashion icon, Jennifer Lawrence's style journey has been one for the books! Back in 2008 at the *Teen Vogue* party, her style was sweet and simple, with girl-next-door charm. Fast-forward to the 2025 Cannes Film Festival, and JLaw is giving full-blown fashion goddess. Dressed in a white Dior gown with fabric fan neckline, Jennifer's style game is unapologetically luxe and sharper than ever!

8

THE DREAM TEAM!

***Fifty Shades of Grey* hunk – Jamie Dornan, 43 and former *Baywatch* superstar – Pamela Anderson, 57, are set to star in an upcoming blockbuster called *Love Is Not The Answer* together! While the plot of the film is being kept under wraps at the moment, and it's still unclear what role the Christian Grey star will play, it's being described as a 'precise yet unpredictable comedy that moves between hilarity and heartbreak, as it explores modern loneliness and the search for connection...' Watch this space!**

WORDS: *HELEN PIKE, DANIELLE SOUTHWOOD, RACHEL COPE* PICTURES: *GETTY*

7

COUPLE GOALS?

Only Murders In The Building co-stars, Meryl Streep and Martin Short, have shared a friendship for many years – but it took starring as an on-screen couple in the Disney+/Hulu series to seemingly lead to a real-life romantic connection developing between the two, according to reports. *Mamma Mia* star Meryl split from her husband Don Gummer some time in the late 2010s, meanwhile Martin has seemingly been single since his wife of 30 years Nancy Dolman passed away from ovarian cancer in 2010. We really hope these rumours are true and the pair get their happily ever after, on screen and off…

Puppies for the Prince and Princess!

9

Catherine and William have reportedly welcomed the pitter-patter of some tiny furry feet at their Windsor abode! The Prince and Princess of Wales' beloved black cocker spaniel, Orla, reportedly gave birth to four adorable puppies recently, with the Royal children – George, 11, Charlotte, 10 and Louis, seven – said to be head over heels in love already! Too cute…

10

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‘I wrote letters to my family in case I died’

Davina McCall has talked of the panic and urgency she faced before her brain tumour surgery

Known for her positivity and sunny disposition, former *Big Brother* host and star of *The Masked Singer*, Davina McCall, has certainly been through the wringer of late.

The 57-year-old, who recently received the all clear, was diagnosed with a rare type of benign brain tumour called a colloid cyst in November, and underwent a gruelling six-hour operation.

Mum-of-three Davina has since revealed on her *Begin Again* podcast that she urgently wrote letters to her family, and a will, before the surgery, to make sure ‘everyone was okay’ if she died.

Speaking to her guest Jamie Theakston about their respective cancer journeys, she explained: ‘I have never had thought processes like I had before my operation.

‘Some people were like, “You were quite extreme”, because I was like, “I need to make sure everyone is alright if I die, will, letters”.’

‘You did that?’, Jamie asked.

‘Yeah. I mean I was literally telling everybody [that I was fine]. But being on an operating table is a risk at our age,’ she replied.

Last month Davina appeared in a video with her partner Michael Douglas, where she confirmed she had received the all clear, after undergoing an MRI scan.

‘I am so so grateful, particularly because I know a lot of people have inoperable tumours, and I know I’m lucky to be able to draw a line under this and move on with my life, when so many people can’t,’ she said. ‘And I’m just gonna say this one more time. Benign does not mean fine.’

The star also recently spoke to *Women’s Health* magazine about how ‘f***ing furious’ she was after the diagnosis.

The fitness fantatic recalled: ‘I’ve spent all this time looking after myself, being fit, so healthy, I’ve done everything that I should. And this little thing has been growing since I was in utero… and it changed everything for a moment…

‘What was interesting was that I needed to take control back, but let go at the same time. In a weird way, letting go was taking control,’ she explained.

Isn’t that some food for thought…

Davina with her partner, Michael

On The Masked Singer set

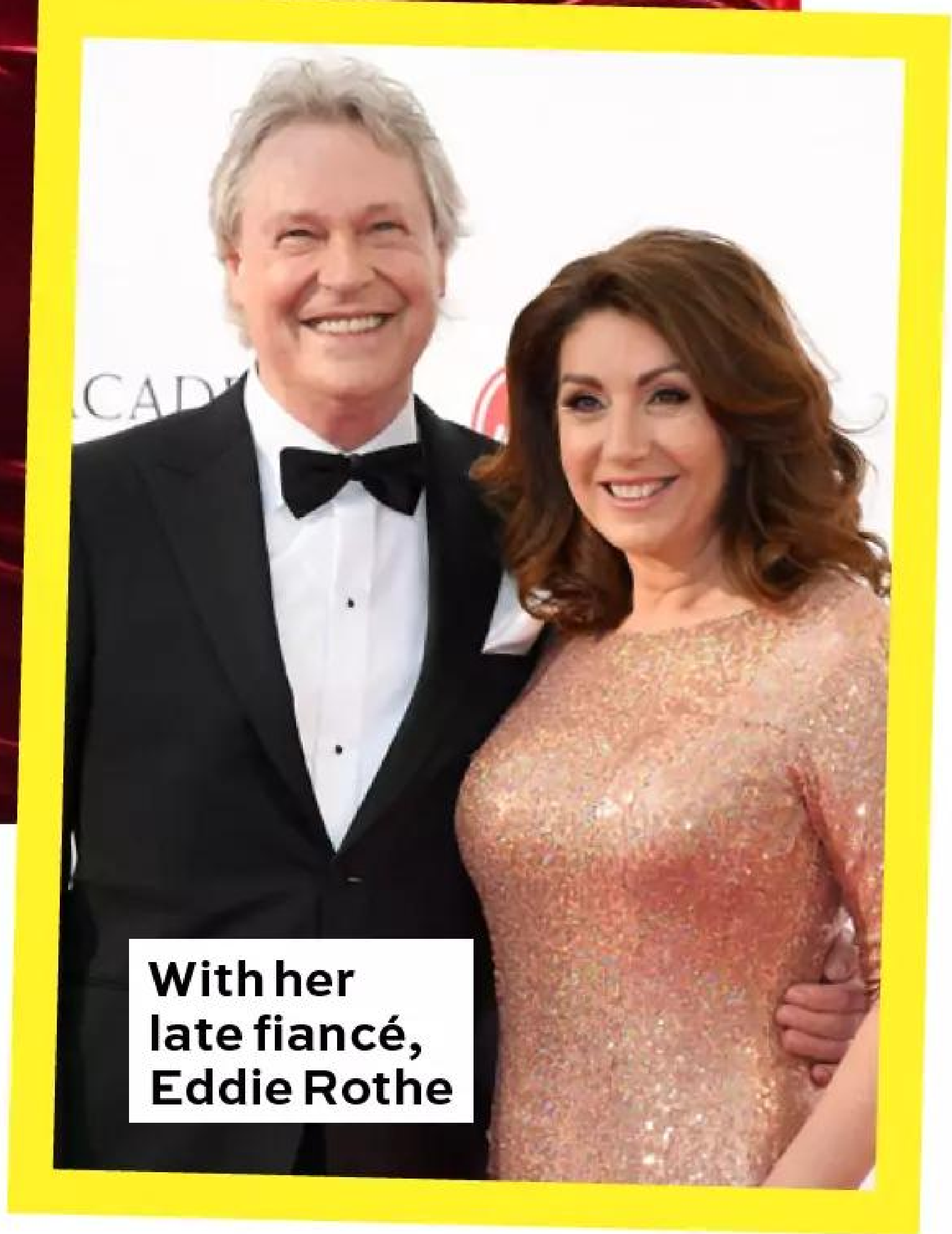
Instagram/_tillyrobertson

With her daughter, Tilly

WORDS: DANIELLE SOUTHWOOD PICTURES: SHUTTERSTOCK, GETTY IMAGES, ITV, INSTAGRAM

Jane McDonald on why she has no regrets...

'Nobody should apologise for not having children'



With her late fiancé, Eddie Rothe

She's travelled the world over, thanks to her successful career – and experienced plenty of what life has to offer.

Though one thing national treasure Jane McDonald hasn't added to her life experience is motherhood.

But does she regret it? According to Jane, absolutely not – though she did once consider it.

In her 2019 autobiography *Riding The Waves: My Story*, the 62-year-old touched upon her and former husband Henrik's conversation around starting a family (they wed in 1998 and split in 2003).

She wrote: 'Henrik and I once talked about having children but there wasn't room for babies in his plans for me. I began to feel lonely in my marriage.'

Jane previously confessed: 'For me, it was an easy decision to not have children, because I knew I couldn't do both.'

In her latest book, *Let the Light In*, the Northerner - who sadly lost her fiancé Eddie Rothe in 2021, went into further detail about her decision not to welcome children, explaining that she was encouraged against starting her own brood in order to focus on her career.

'Mum made no secret of the fact she never envisaged me taking the traditional route and marrying and having children at a young age. Gran was of the same opinion, convinced from when I was a little girl that my destiny involved a lot of travel. The older I became, the more I listened to Mum and Gran's predictions, and the more I wanted them to be true. Having a ring on my finger and having children in my early twenties, which was what nearly everyone did back then, was not the life I wanted or imagined I'd ever have.'

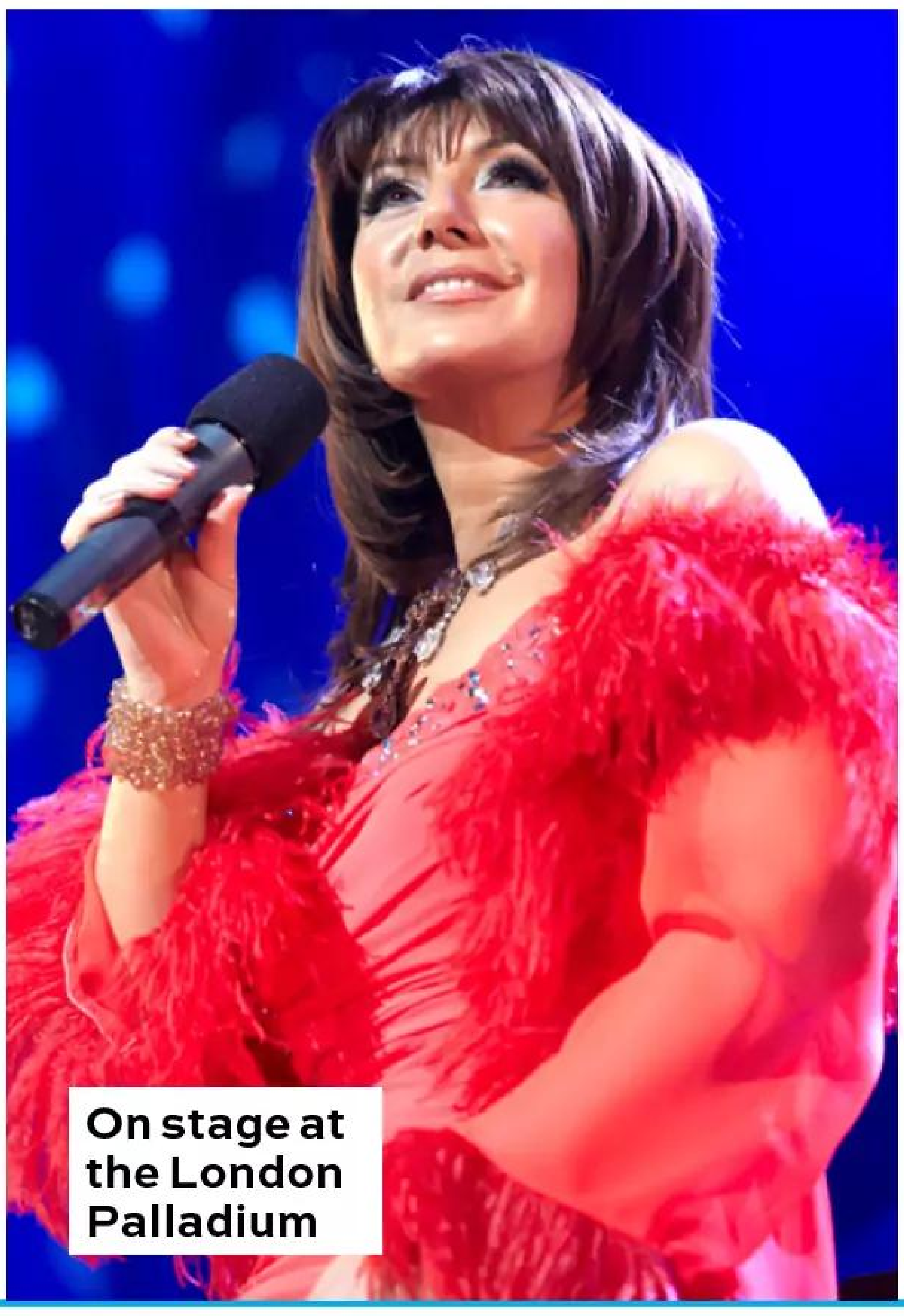
In a later passage, Jane revealed how her late mother once shared how she didn't believe Jane's purpose was to be a mother, but was instead to be an entertainer.

'By then I'd already laid the foundations of a career in entertainment, and having children one day had never entered my head. I had never been a girl who dreamed of a big white wedding, or imagined what names I would give to my children, and I couldn't imagine that ever changing.'

The star defiantly ended the segment with: 'Nobody should have to apologise or make excuses for choosing not to have children. It's perfectly okay not to want to be a parent, and if that is not your purpose, don't feel you have to explain yourself to anyone.'

We couldn't agree more!

With former husband, Henrik



On stage at the London Palladium

> 'I had never been a girl who dreamed of a big white wedding'

WORDS: DANIELLE SOUTHWOOD PICTURES: GETTY IMAGES, SHUTTERSTOCK

The most powerful bond there is...

James Middleton has opened up about his relationship with the future Queen

They've always looked the picture-perfect family, and it seems the Middleton sibling dynamic may genuinely be practically perfect in every way!

Usually front and centre of the tabloids since her triumphant return to royal duty since her cancer diagnosis, it's actually the Princess of Wales' brother who's making headlines this week.

Opening up in a recent interview with *The Mirror* about his relationship with his two older sisters, Kate and Pippa, 38-year-old entrepreneur James Middleton has explained they are more than siblings, they are his 'friends.'

'They've seen me at my best and at my lowest, and they've always been there when I've needed them,' said James.

'I'm incredibly fortunate to have my two sisters, not just as siblings, but as friends.'

James, who has been open about his mental health battles in the past, added, 'Sibling love is something unique. You can't choose your siblings, it can be complicated, it takes work, but when it's strong, I believe it's one of the most powerful bonds there is.'

The dad-of-one went on to elaborate on his sisters' positive influence, recalling that they had particularly helped him develop his emotional intelligence.

'They've always been emotionally open, expressive, and in tune with the people around them. And I think being surrounded by that kind of emotional intelligence rubbed off on me, even if I didn't fully realise it at the time... I jokingly say that I had three mothers growing up!'

James previously explained of their bond: 'I had my mother and my two sisters, who were mothering figures to me. We're a close family, and we're fortunate in that we see lots of each other. My parents play a good role in getting us all together in that respect.'

The socialite - whose book *Meet Ella: The Dog Who Saved My Life* has just been published in the UK, has also

James with his wife, Alizee

Supporting a therapy pets' charity

With sisters Kate and Pippa

James with his mum, Carole

James with his sister, Pippa

previously credited both the Prince and Princess of Wales for the work they have done on reducing stigmas surrounding mental illness.

In the book, James writes about a time when he came close to suicide, but saw his beloved dog, Ella, was looking at him as if 'imploring me with her eyes to come down'. He thankfully did, and credits Ella with saving his life that night.

When James previously spoke about his sister's shock cancer diagnosis, saying it had been a 'challenging time' for the entire family, it's clear how much the Middleton clan rely on each other when times get tough.

He told *The Times*: 'For her and her family, it was a challenging time, and I know for us and our bigger family it was a challenging time. Being there for someone is such an important part, and it doesn't necessarily have to be on your terms, and it shouldn't be on your terms,' he said.

'It should be on their terms; unconditional: "I'm not doing it for something in return. I'm doing it because I love you".'

And 'love' is clearly very much alive when it comes to this sibling relationship.

The unlikely couple!

James' memoir reveals a heartwarming connection he shared with the late Queen Elizabeth II, including a shared passion for jigsaw puzzles... who knew?! During a Christmas at Sandringham, Kate's younger brother and the Queen sat down to complete a puzzle together, an experience James found deeply personal, as it reminded him of the time he spent with his own grandparents. He described the Queen as having filled a 'granny-sized void' in his life after the loss of his own grandparents. The pair discussed their shared love of dogs and more. Oh, to have been a fly on the wall!

WORDS: *DANIELLE SOUTHWOOD* PICTURES: *GETTY IMAGES*

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COMPILED BY *LARA NUGENT*

A quarter of a century in Corrie!

Samia Longchambon talks fights, tears and disbelief over 25 years on the cobbles...

It's hard to believe it's 25 years since Samia Longchambon first set foot on the cobbles of *Coronation Street* as fresh-faced kennel maid Maria. Back then, Samia Longchambon was just 17. Today, she's 42 with a teenage daughter of her own!

'I was only meant to be in the show for three months, so I can't get my head around the fact that I've been here for 25 years – it feels like forever and five minutes at the same time,' Samia smiles.

These days, she's swapped the wellies and kennels for a more glamorous look working as a stylist at the hair salon, but Maria Connor's trials, tribulations and steamy affairs haven't changed.

'I've actually had to kiss 32 men in 25 years, which is mind-blowing. I don't really want to think about it!' she laughs.

The 42 year-old actress, who lives in Cheshire with her husband, *Dancing on Ice* star Sylvain Longchambon and children, Freya, 15 and Yves, nine, talks to us about posh parties, filming fight scenes and the day she almost decapitated a co-star...

A family red carpet day out

Samia's co-star Jack on CBB

If somebody had said back in 2000 that you'd still be on the show in 25 years' time, what would you have thought?

I wouldn't have believed them. I'd have been happy, but it would have been overwhelming to know that and quite incomprehensible. I never take this job for granted. I'm grateful to be here.

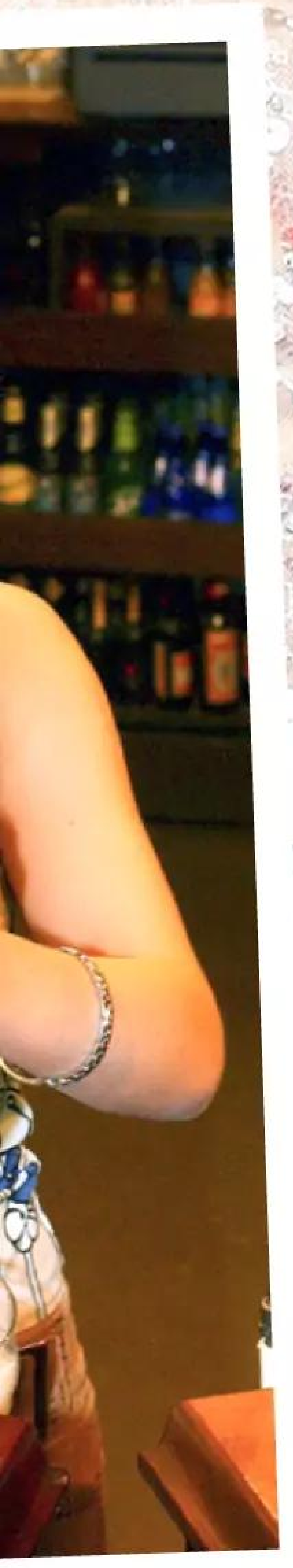
You're a mum-of-two now, but were you a party animal back in the day?

I remember going to the BAFTAs for the first time, just after I joined Corrie. I was really excited to go and I had a lovely time, but I'm so square that after it finished, I went up to my hotel room and ran myself a bath. I remember thinking: 'What am I doing? You're 18, at the BAFTAs and you're in the bath with a cup of tea at ten o'clock.' I had a word with myself, put my tracksuit bottoms on and went back down to the party.

Are you any good with a pair of scissors after playing a hairdresser for so long?

I'm pretty good at straightening and curling by now, but anything beyond that

Behind the Rovers bar in 2002



Maria attacks villain Tony

Maria at work in the salon

– no. There have been some near misses – one of them with a blummin' icon! I had to put Rita (Barbara Knox) under one of those big old-fashioned helmet-type hairdryers. It had a visor on the front, and I pulled the heater back while the visor was still down and I almost took her head off!

You've had plenty of fights on the cobbles – do they ever go wrong?

I had a pizza thrown in my face. The tomato sauce went right up my nostrils. It's not the easiest thing to get out! Another time Maria attacked Tony Gordon, scratching his face in the pub. When we filmed it, I did actually catch Gray O'Brien, who played him. But he was a big tough guy so he was alright!

Do you find it easy to cry on camera?

I cry all the time anyway! I'm quite an emotional person. But it depends on the storyline. Sometimes it's written: 'Maria is in floods of tears.' We'll go to film it and I'll think: 'I'm not feeling that actually,' and I won't cry at that point. Other times, she's not meant to cry, but I'll want to, anyway.

Do your kids watch *Coronation Street*?

Freya tends to watch if I've got scenes with Charlie Wrenshall who plays my son Liam, because they're really good mates. She's more interested in what Charlie is doing than what I'm doing! Yves isn't that bothered. He's more interested in watching cartoons and YouTube.

Be honest, do you ever get frustrated by your character?

Yeah, absolutely! One of the camera guys said to me during a scene the other week: 'Oh, stop nagging! She's really frustrating me.' I said: 'Seriously? She's really frustrating me too, but I'm just doing what I'm told!' His camera was on me and I could see him shaking his head behind as he filmed. He was getting really involved in the story!

Could you imagine following in the footsteps of Jack P Shepherd and doing *Celebrity Big Brother*?

Jack said he had a lot of fun. He told us: 'If anyone wants to do it, I'd say go ahead, it's a great experience.' So, I'd never say never, but at the moment life is pretty busy so I'm just trying to pace myself.

'Yoga is my therapy'

While she can't get enough drama on screen, easy-going Samia likes nothing more than chilling out when she's at home.

'My favourite thing is hanging out with my dog Ralf or going for a really nice walk with him; he's my bestie,' she smiles.

Samia has talked openly in the past about her struggles with anxiety and panic attacks, but has found that daily yoga sessions and exercise help her cope.

'I love my yoga. It's still my therapy. I'll always do it; it will always be part of my routine,' she says.

'And the last few years I've been into running. We've got a treadmill in the garage with a TV, so just put a boxset on while I run.

'This weekend I went on my first Parkrun with my son. I couldn't keep up with him, which was really embarrassing - he crossed the finish line before me!'

Instagram/ samia_longchambon

WORDS: *SUE CRAWFORD* PICTURES: *GETTY IMAGES, ITV, SHUTTERSTOCK*

Finding Nig

First, he found his mother. Now GMB's political commentator Andrew Pierce is searching for his first-ever friend in the orphanage he spent more than three years in... Can you help?

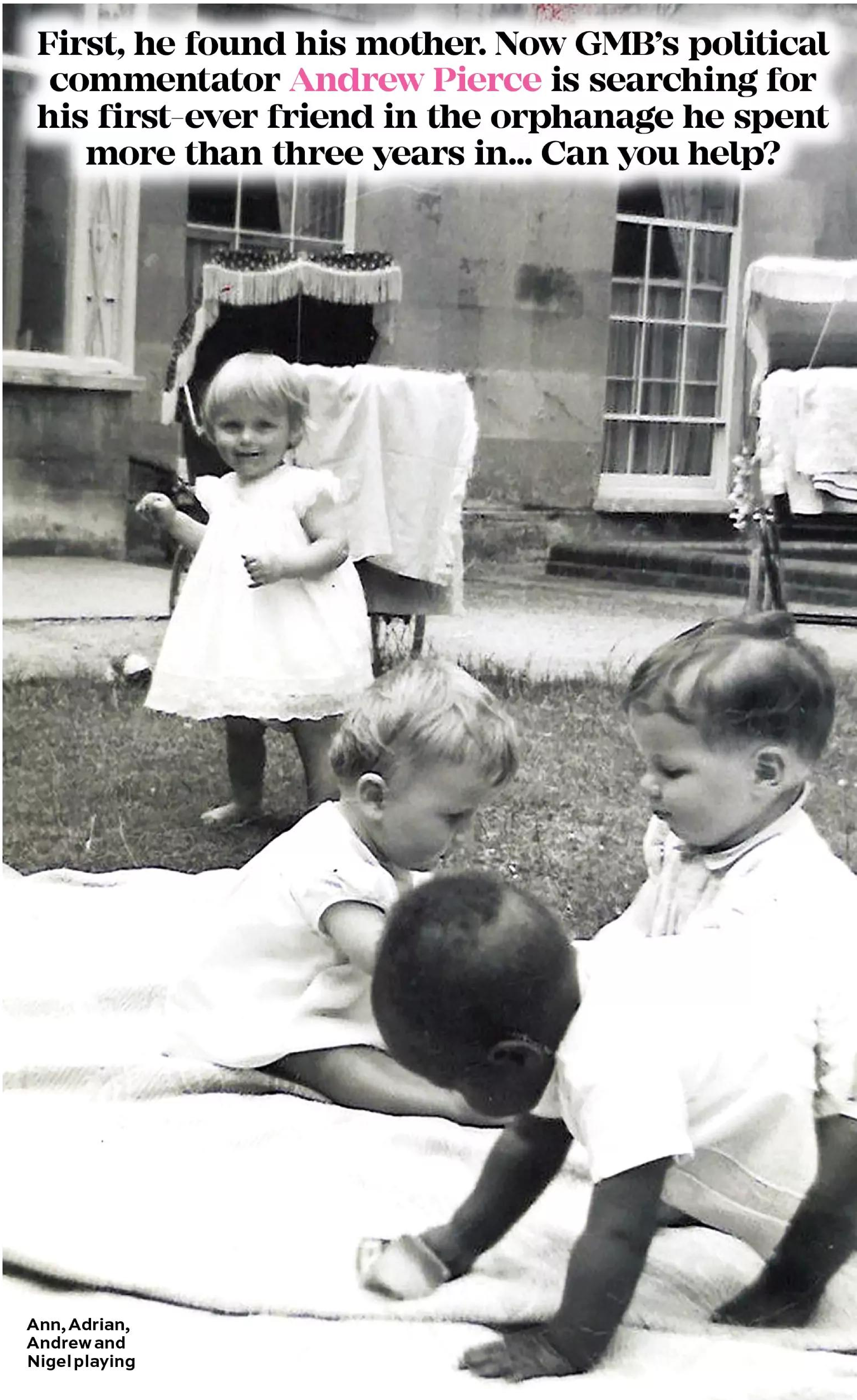
Andrew's birth mother Margaret

Playing happily in the Spring sunshine, the four toddlers are a picture of childlike innocence. They are too young to understand the bond they share. They are illegitimate, living in an orphanage in Cheltenham, Gloucestershire, run by the Roman Catholic Sisters of Nazareth.

The photograph, taken in 1962, came as a shock. I'm in it. I'm the chubby-faced infant, with dark hair, sitting in the middle. Back then, my name was Patrick Connolly. All three of us boys were inseparable, always together. Adrian, Patrick and Nigel.

The photograph is in the paperback of my book *Finding Margaret* which is about the emotional search for my birth mother Margaret Connolly, who I tracked down when I was 48. I arrived in the orphanage, a bleak imposing Victorian building, when I was five or six weeks old. I was supposed to be there for three months. I was there for nearly three years until I was adopted by George and Betty Pierce, who were wonderful, loving parents.

I was incredibly moved by the photos. I'd never seen photos of me so young before. The earliest


Ann, Adrian, Andrew and Nigel playing

gel...

Andrew was eventually reunited with Margaret

was a picture of me aged two-and-a-bit in a red duffel coat and Rupert Bear trousers. It was taken on one of my first outings with George and Betty when they were considering whether to adopt me.

So, it was a shock to stumble across a photograph of me at the orphanage, surrounded by a coterie of infant chums.

When I saw the photograph of Nigel, the little black boy, my first thought was: Did he escape? Did he have a happy life like me?

I know that Ann, the little girl in the photo, was stuck in the system for years. Her mother was determined that at some point she would create a home for her daughter, but that was virtually impossible as a single parent in the Sixties. I kept worrying about Nigel. Would anyone want to adopt the only black child when there were almost 50 white children to choose from?

I ask because according to official figures in 1962, the percentage of black people in Britain was estimated at just under 0.4 per cent of the population. The figure was based on the number of people born in Africa or the Caribbean who were living in Britain at the time, which was around 191,600.

Sadly, I never got a chance to say goodbye to Nigel or my other chums. On a weekend trip to Swindon, to stay with George and Betty and their three children Susan, Shirley and Christopher, the orphanage was quarantined because of a measles outbreak. George and Betty took me back to Swindon and they were allowed to foster me until the adoption was formalised a few months later.

But no such good fortune for Nigel. The following year, in the Summer of 1965, the orphanage was closed and a year or two later the building, with its dark secrets, was demolished. A swish block of flats took its place. Nigel was moved to Nazareth House in Bristol.

Doing research for the book, which took me to Ireland where my birth mother was born and brought up on a dirt-poor smallholding in County Mayo, I discovered that Nigel was indeed adopted. I think with another little boy who was white.

I am now trying to find Nigel. I had a wonderful upbringing with the Pierce family, my newfound siblings never resented my arrival in their settled family unit. Was it the same for Nigel?

I suspect it will be difficult to find him, but I managed to track down Margaret and that was no easy task!

> **SADLY, I NEVER GOT A CHANCE TO SAY GOODBYE TO NIGEL**

My first job in newspapers was as a trainee reporter on the *Gloucestershire Echo* in Cheltenham. I started work two weeks after I finished my A-levels, aged 18, in 1979. The newspaper office was a 500-yard walk from the spot where the orphanage once stood. The park I walked through to get to work was the first place George and Betty took me, and bought me my first packet of sweets, Liquorice Allsorts, on their first visit to the orphanage. Margaret took me there, too.

My second job was on the *Birmingham Evening Mail.* I was amazed to discover that Margaret had lived in Birmingham from the moment she moved to Britain in the Forties to train as a nurse. My office was barely two miles from her home. Did she read my stories in the newspaper? Did I pass her in the street? Were these coincidences? Or was Margaret calling me?

The biggest shock was to

Nazareth House

Andrew with his siblings

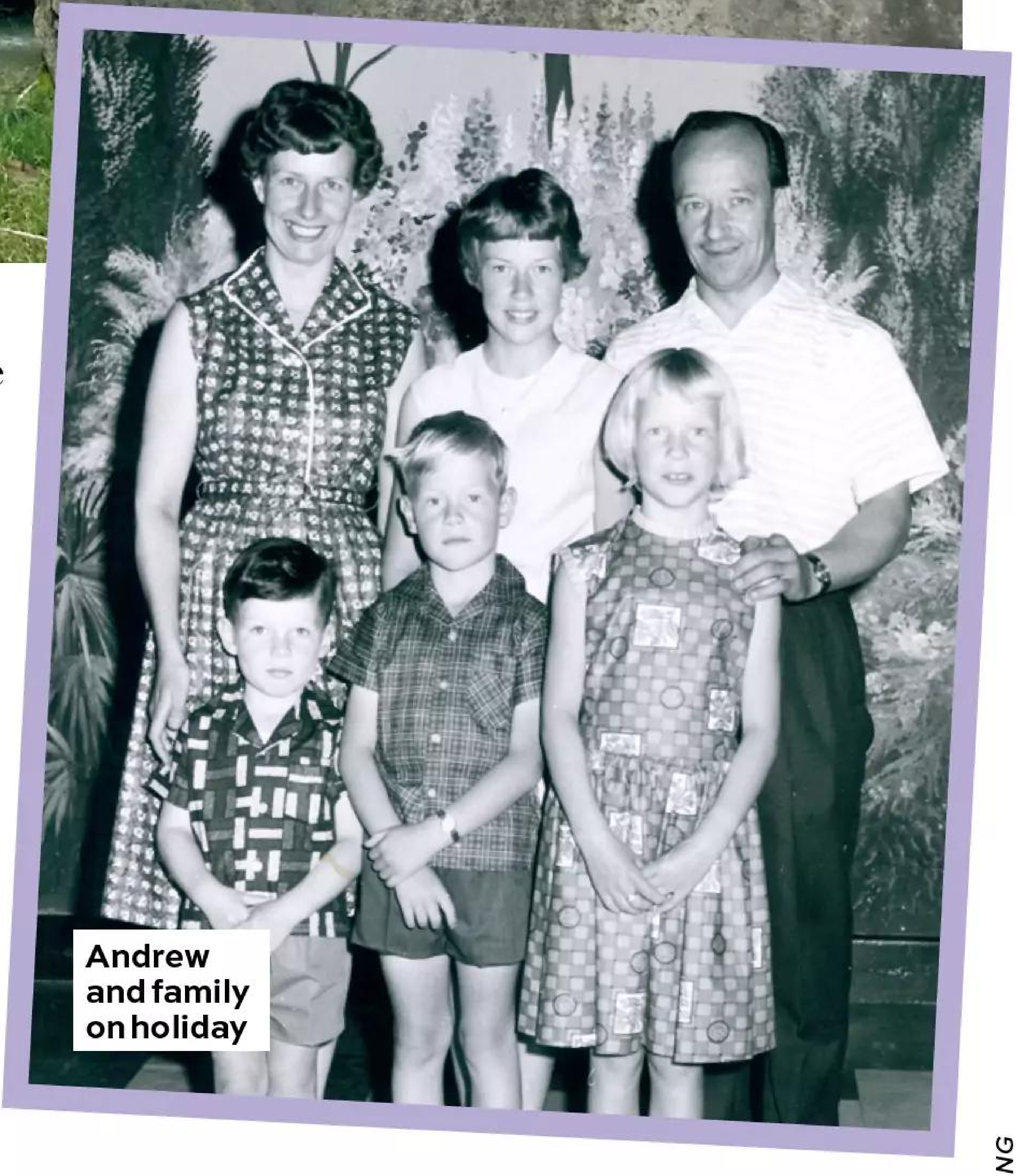
Turn over for more

Andrew at Margaret's old house

discover Margaret was not a gymslip mum, which was what I had assumed when I started searching for her. She was in fact just a few weeks from her 35th birthday when she gave birth to me in hospital in Bristol. She used to visit me in the orphanage, but gave me up for adoption when she met a man who proposed marriage. If he had known she had an illegitimate child, the marriage would never have happened.

As I begin my search for Nigel, I'm struck by another coincidence. He was adopted from Nazareth House in Bristol. I was born in Bristol. I lived for five weeks with Margaret, the only time we were under the same roof, in a mother and baby home in Bristol. I was baptised in Bristol. This was the same city where Nigel, my first-ever friend, found his parents after our orphanage closed. Did the couple who adopted him live in Bristol? Or nearby? Is he still there? Is he healthy and happy?

> **DO YOU KNOW HIM? I WOULD LIKE TO MEET HIM...**



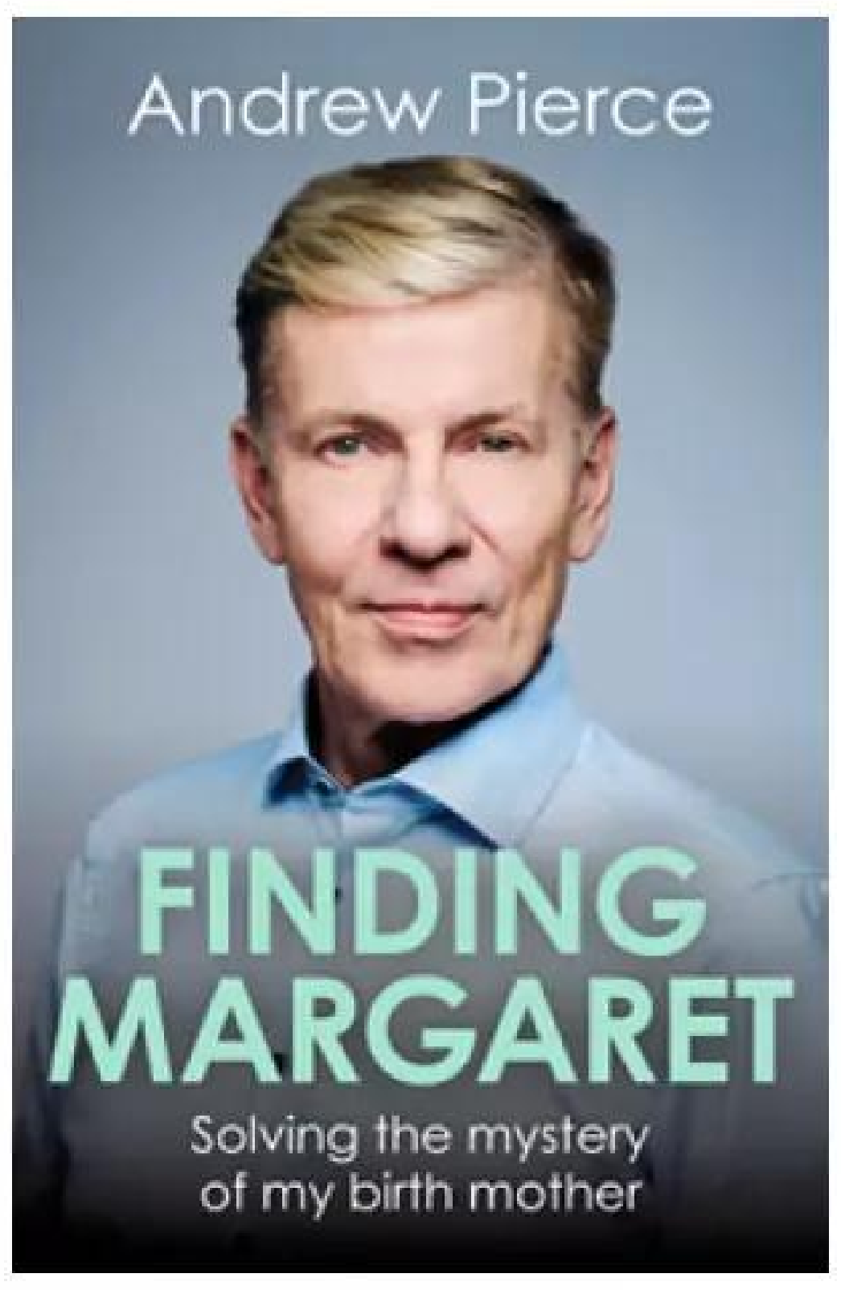
Andrew and family on holiday

He will be a similar age to me. I'm 64. People might also recognise the photo of Ann or Adrian. But I feel an emotional pull to Nigel. Is that because we were close in the orphanage? Of course, his name, like mine, might be different.

I went from Patrick James Connolly to Andrew James Pierce. What is Nigel called today? Do you recognise him? Do you know him? I would like to meet him. It would be quite the reunion particularly if Ann and Adrian are there, too.

If you recognise Nigel or can help Andrew in his search, please contact us at nicola.dawson@hearst.co.uk

Andrew with George and Betty in 1988



● ***Finding Margaret*** **by Andrew Pierce is now available in paperback.**

WORDS: *ANDREW PIERCE* PICTURES: *BITEBACK PUBLISHING*

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We're ALL TALKING about

If you haven't had time to keep up with Facebook, X or Instagram, we've done it for you...

JOIN THE CONVERSATION

How do you eat yours?

We've all seen the Pantone colour chart for cups of tea and when it comes to our brew, we're very specific about what shade it should be. It's no surprise then that we're just as fussy when it comes to our toast! Features editor, Louise, likes hers underdone ('warm bread'), while Deputy Lifestyle Editor, Helen, has hers cooked and crunchy (some might say burnt!). Now, Haier has released a new toaster which has seven different toasting levels and can be controlled from your phone. Perhaps the days of sliding a temperature gauge are gone, but it means our toast should be perfect for each individual from now on. Do you like yours well cooked, or do you prefer a slightly heated bread to smooth your butter on? Let us know...

WHAT DO YOU THINK?
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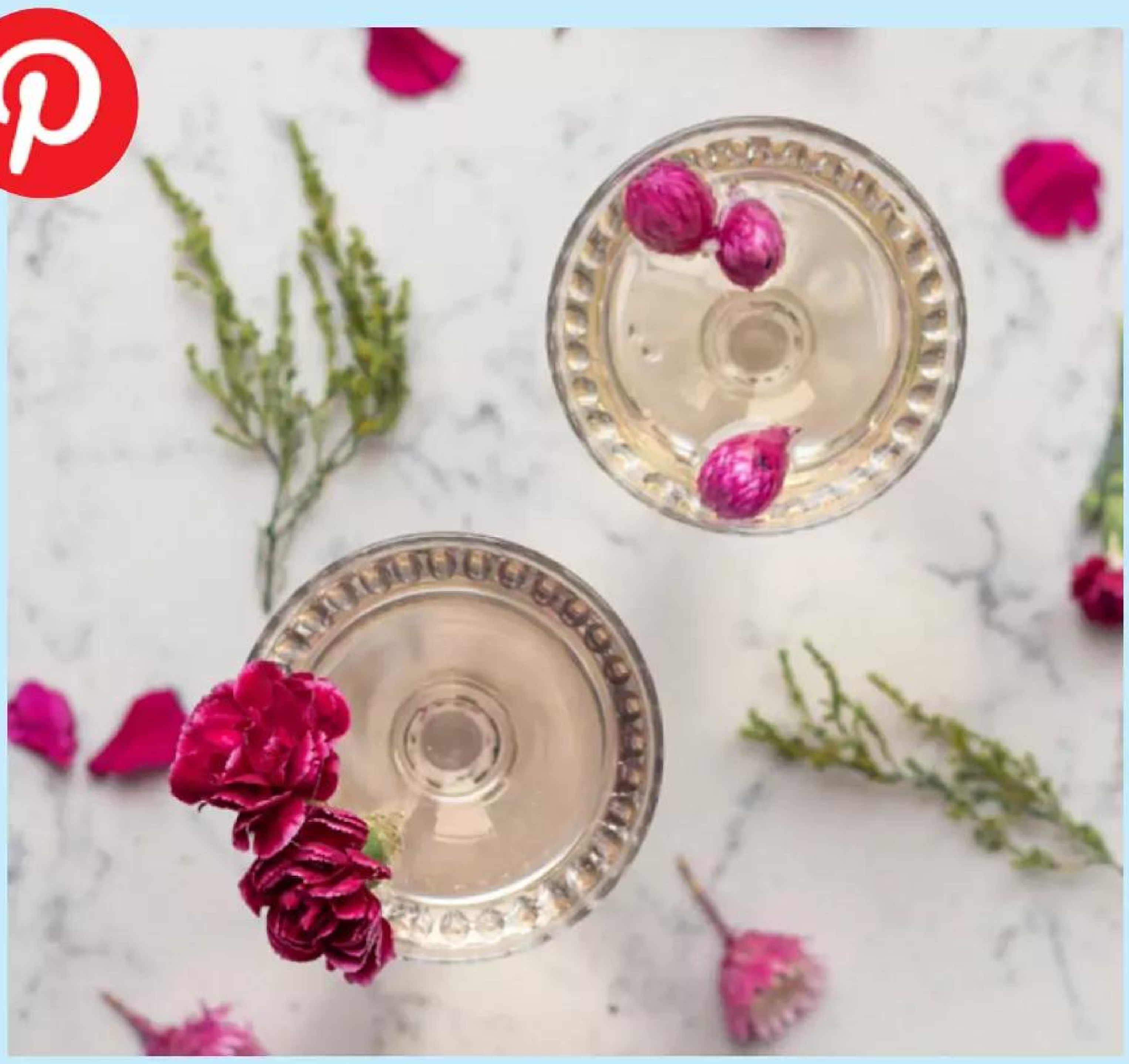
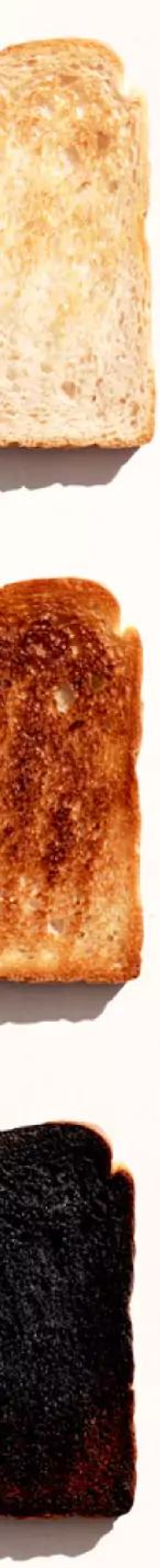
Raise a glass



Go on... National Bubbly Day (7 June) demands it! You're not alone, either – turns out as a planet, we drank a LOT of Prosecco, with 660 million bottles of the stuff sold last year alone. Looking for some inspiration beyond your typical glass? Pinterest has plenty of recipes using sparkling wine as the base ingredient. Bottoms up!



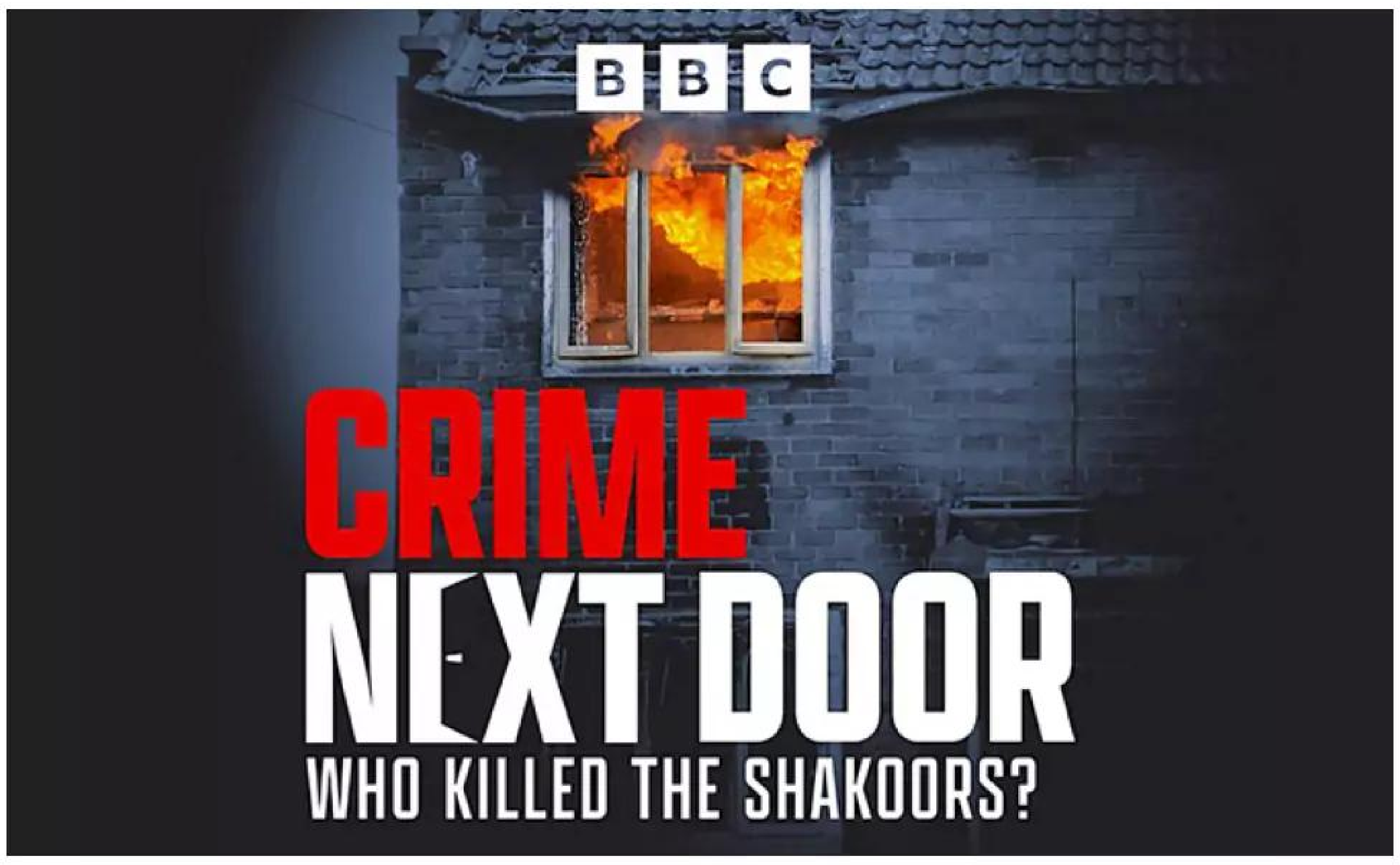
GOING VIRAL

Rivals on film

Hot on the heels of the announcement that *Rivals* is back for season two comes a wave of posts from Disney Plus teasing its return. The Instagram account @disneyplusuk has been sharing snaps to confirm that the hit show is officially back in production, with the likes of Danny Dyer, Aidan Turner and Alex Hassell dressed in their finery. Time to dust off the Jilly Cooper books again!

PODCAST

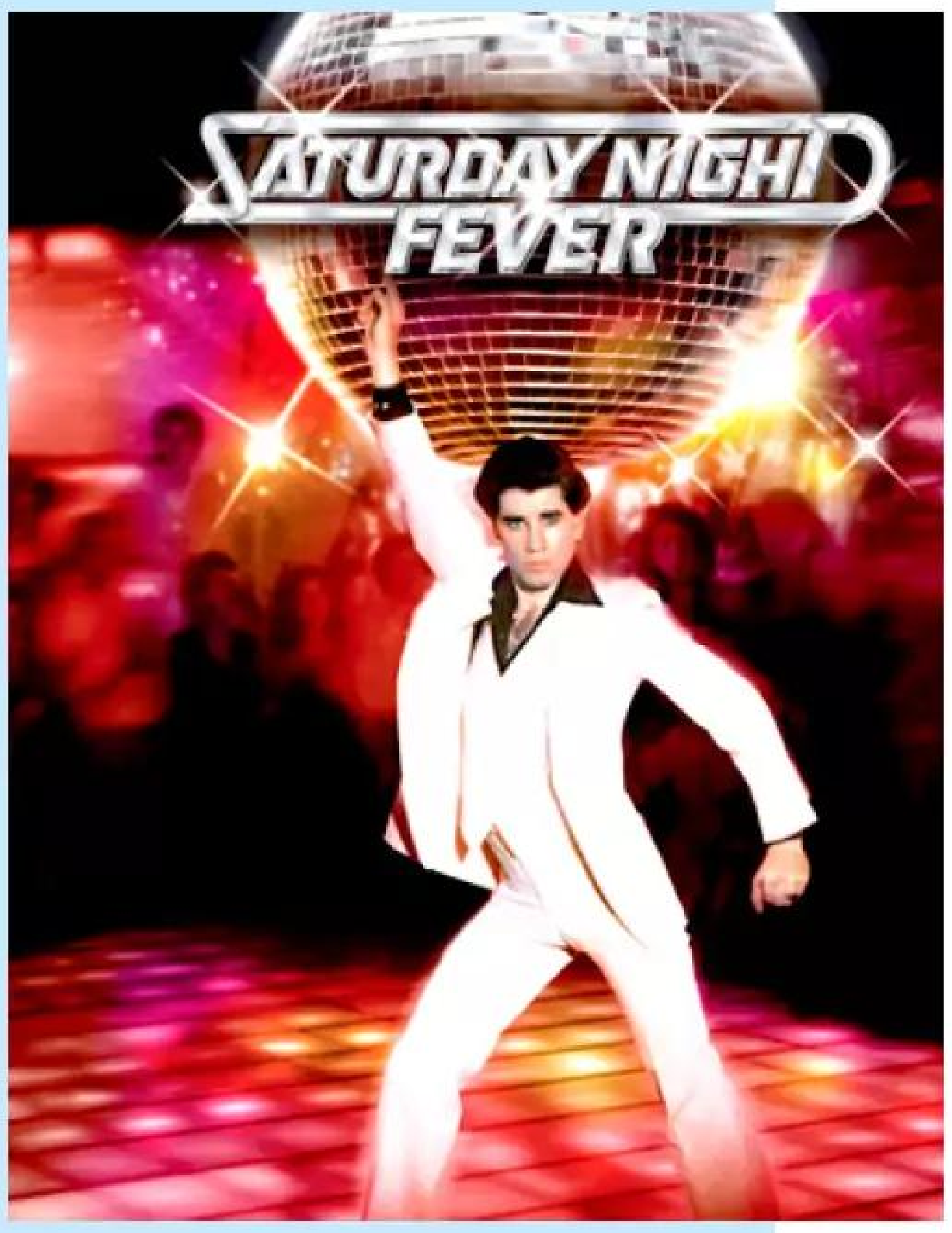
Crime Next Door



Murder podcasts are more popular than ever (in fact, *best* has its own - *Mums of Murderers* - available wherever you get your podcasts), and fresh from BBC Sounds is *Who Killed the Shakoors?*, part of the *Crime Next Door* series which follows the cold case of an arson attack on a family in 2012. It's a harrowing listen.

Movie music must-haves

Despite the hundreds of films released every year, when it comes to a memorable soundtrack, we're struck by nostalgia. According to a survey from Dolby, which is celebrating its 60th anniversary, the top three movie soundtracks as voted by the public are *The Lion King*, *Saturday Night Fever* and Titanic, all over 25 years old. Looks like we can't beat an old classic!

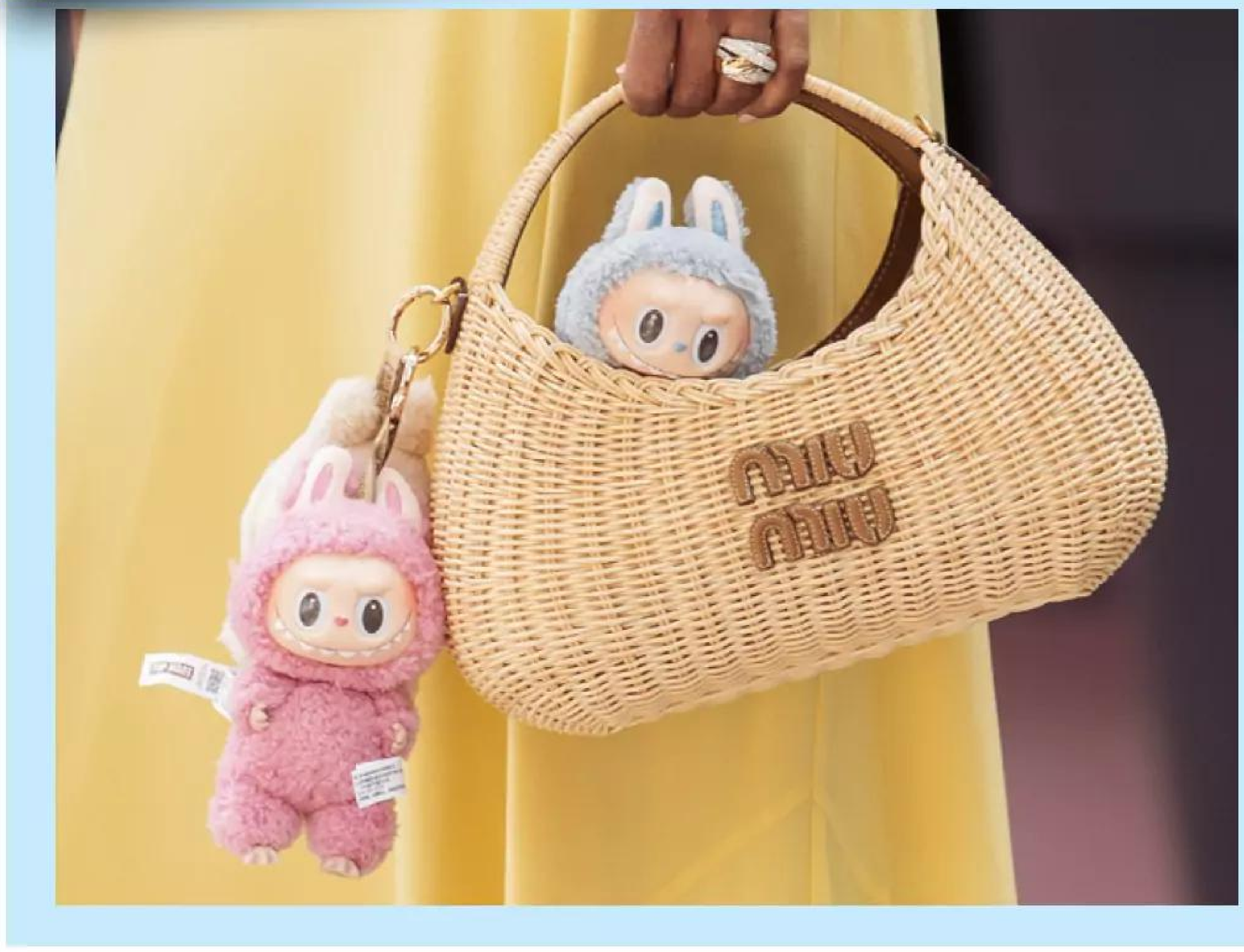


Around the world this week

Sex and the City premiered in 1998 on 6 June, and not only went on to film another five series, but two films and spin off *And Just Like That*. The show changed how women and sex were shown on TV (let's face it, we all know a Samantha Jones!). It put cosmopolitans, Manolo Blahniks and even ballet tutus on the map. We wonder... will Samantha ever be persuaded to come back?

EVERYONE'S...

wants a Labubu



Seemingly out of nowhere, you've probbably spied these little creatures popping up on social media and adorning people's bags, and if you've walked past a Popmart store and marvelled at the queue, this is what people are waiting for. The Labubu is a plush toy with sharp teeth hailing from Hong Kong. It's so popular, it sells out daily. In fact, if you can't get your hands on one, you can get them on loan instead. Thanks to fashion retailer By Rotation, you can rent one for £4 a day!

WORDS: *HELEN PIKE* PICTURES: *GETTY, HBO, INSTAGRAM/DISNEYPLUSUK, PARAMOUNT PICTURES, BBC*

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CAROL McGIFFIN

THE WAY I SEE IT...

Wise words from our feisty, fearless and funny columnist

Fisticuffs? Or female empowerment?

'My first thought on seeing the footage of French President Emmanuel Macron being apparently slapped in the face by his wife Brigitte was 'good girl'! Because I would quite like to give him a slap myself, along with a rake of other similar leaders. However, on closer inspection, it wasn't a slap, more like a shove, which I suppose isn't so bad.

What is bad though, is it was done in front of the world's media, as she was obviously unaware the plane door was already open and, when she realised that, his face was an absolute picture. His people were too quick to play it down by passing it off as a bit of 'couples horsing around', but we all know it wasn't that, as he was visibly furious as he walked down the steps and away from the aircraft with his fist clenched so tight he literally had white knuckles. You can imagine what he was wanting to do with it at the time.

We will never know what he did or said to deserve it but I bet he did because he's clearly power-crazed and is therefore more likely to be a control freak, but it looks like she's more likely to be the one wearing the trousers in the marriage. She was his teacher after all.

Also, Brigitte doesn't take any crap. We know this from the Covid era when all the world leaders met up and were caught theatrically putting on masks for the cameras and she didn't. Even when her husband leant towards her to tell her to, she stood steadily, fixed-gaze and didn't even look at him. She's got balls that woman.

So, I say bravo Brigitte and keep up the good work because that miniature Napoleon needs to be put in his place!

THE COUPLE WERE SEEN IN VIETNAM DURING THEIR TOUR

HE MET HER AT AGE 15

PICTURES: *GETTY, NICKY JOHNSTON, CNN-NEWS18/YOUTUBE.COM*

Finding my

Fascinated to know whether she could stand on a stage and make strangers snigger like she does her friends and family, Gaby Huddart enrolled on a stand-up comedy course

'Did I ever tell you that my husband is a serial entrepreneur? No? Well, I don't like to boast, and it turns out there's not much money in cornflakes anyway!'

All of a sudden, I am jolted awake as this silly wordplay pops into my head in the small hours. It takes me a while to get back to sleep, only for another gag to break my slumber. 'My uncle, the lion tamer, recently bought me an item of clothing for my birthday but, annoyingly, it's a big top!'

Turns out that the result of enrolling on a stand-up comedy course in my mid 50s, having never done anything like this before, is that the challenge of being funny and coming up with jokes has completely invaded my mind during the night as well as every waking hour.

As a new empty-nester and having recently gone freelance as a journalist, I decided to make the most of having a bit more time on my hands, and investigating whether I really had funny bones. My family and friends have often told me that I'm hilarious (particularly when the wine is flowing), but standing in front of strangers and doing the same is clearly a more serious endeavour...

I found a five-day Stand-Up Comedy Intensive course at City Academy in London. At £595 the course isn't cheap, but it promises a packed few days exploring improvisation, character comedy, building stage presence and confidence, plus how to deal with pesky hecklers. The final day also involves a live evening performance. On stage. At a public venue. Eeek!

Arriving at the studio on day one, I'm nervous but our tutor, Kate Smurthwaite – a professional comedian with a stellar track record (including 10 years as resident MC at London's iconic Soho Comedy Club and regularly writing for the BBC's *Have I Got News For You*) – kicks things off with an icebreaker. We are nine in all and a varied bunch – in our 30s, 40s, 50s and 60s. There's a GP, a yoga instructor, retired accountant, management consultant, primary school teacher and software engineer. We're also a mix of locals and international attendees, the furthest flung students from Switzerland and Denmark.

These differences are forgotten in the first hour as we're thrown in at the deep end.

Firstly, each of us stands and shares something true but surprising about ourselves. The others have to ask 'funny' questions. When I share that 'I'm married to a Berber from the mountains of Algeria', I'm greeted with comments like 'Why didn't you try speed dating like everyone else', 'How often do you see him?', and almost inevitably, 'How's the sex?'

It's impossible not to giggle...

This is followed by an exercise when, we start by announcing ourselves and then give an impassioned speech about something we loathe for two minutes. 'My name is Gaby... I just can't abide bikini waxing!'

> **“I FIND IT'S FUN TO LAMBAST BIKINI WAXING”**

funny bones

Gaby with her comedy course classmates

During day four's talent show

Gaby takes to the stage for her first ever comedy set

While normally an upbeat person who enjoys cheery conversation, I find it's fun to lambast bikini waxing, talking about the extreme pain, embarrassment and awkwardness of the treatment and, magically, I have everyone sniggering.

The same goes for my classmates with their zealous monologues on everything from new tech to parents who talk loudly to babies on buses.

Ice well and truly broken, Kate gives us a lesson in the 'comedy journey' of a joke and its three points. This is about starting to tell a story to an audience, so that they think they know where it's going, and then taking the story somewhere unexpected, shocking the audience into laughter. The pattern of all jokes, apparently.

Over the coming days, Kate explores different types of comedy with us, including anecdotal, comparator, American and word play, and unpicks how each of them works. It's fascinating to see that there's a methodology behind each technique and strict structures that comedians follow in creating their humour. While the best stand-up comedians may make it look effortless and that they're just telling funny stories off the cuff, in fact, there's an almost scientific rationale behind how they work.

These more formal, theory and writing lessons are broken up with active performances to build confidence and stage presence.

This includes a so-called 'talent show' on day four. I've been dreading this, especially as several of the others are brilliant singers and guitar players. I decide to show off my skill as an interviewer, by putting Kate in the hot seat, and combine this by simultaneously demonstrating that I can stay in plank position for a very long time.

I manage to get through more than 10 questions over some five or so minutes and it's heartwarming to receive generous applause.

Improvisation is also something I'm new to. Initially I find it a bit embarrassing, but by the final couple of days, my inhibitions have vanished.

> “I FEEL ON TOP OF THE WORLD AS I COME OFF STAGE”

Coming up with the character of "Kylie Buck", a kangaroo farmer from Australia's Outback, and doing a five-minute skit about her first visit to London and searching out male company, proves especially enjoyable.

Between classes, each of us is busily writing our five-minute routines for the live show. On the penultimate day Kate gives us feedback, helping us add in more jokes and suggesting how to ramp up the shock factor.

Deliberately, she only allows a single rehearsal – 'it'll be far better if you're fresh,' she says.

And so, it comes to the final, terrifying evening and our gig, where we treat a 100-strong audience to our sets, and achieve what all comedians yearn for, laugh after laugh after laugh. My jokes, which cover (surprise, surprise) bikini waxing, middle-age dating, ghosting and running marathons, go down brilliantly and I feel on top of the world as I come off stage.

As we retreat to the pub to celebrate, we're quite emotional that it's all over and vow to keep in touch.

I've enjoyed it so much, I might try to take it further. At the very least I'm going to aim for Kate's recommendation of writing one joke a day to keep the comedy juices flowing – even if they come to me in the wee small hours of the night.

● **For more details of this and many other courses, visit city-academy.com.**

WORDS: GABY HUDDART PICTURES: DAVID VENNI

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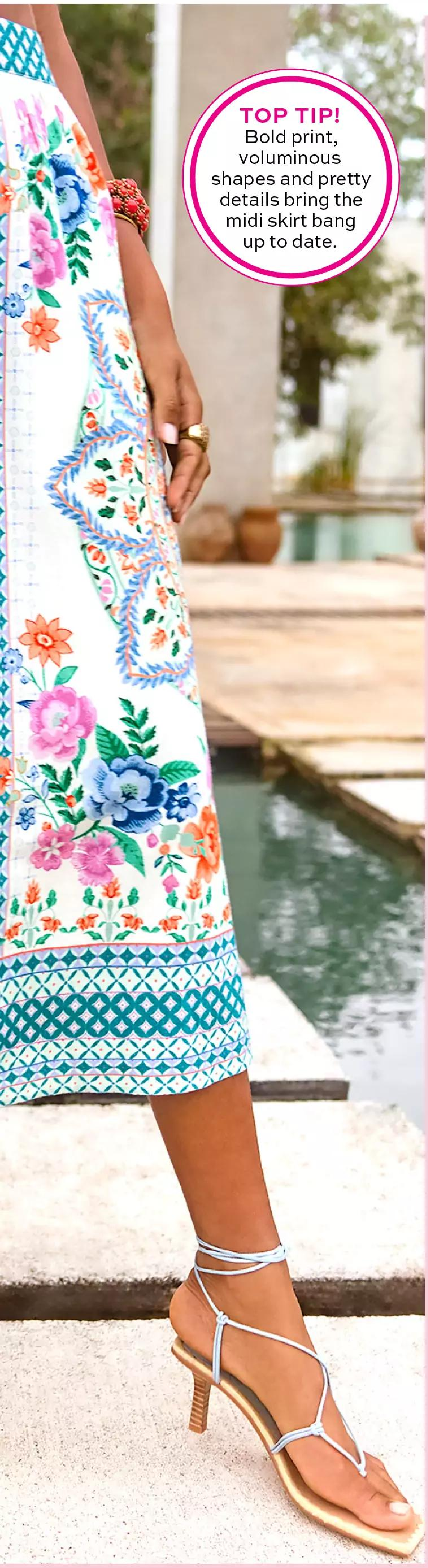

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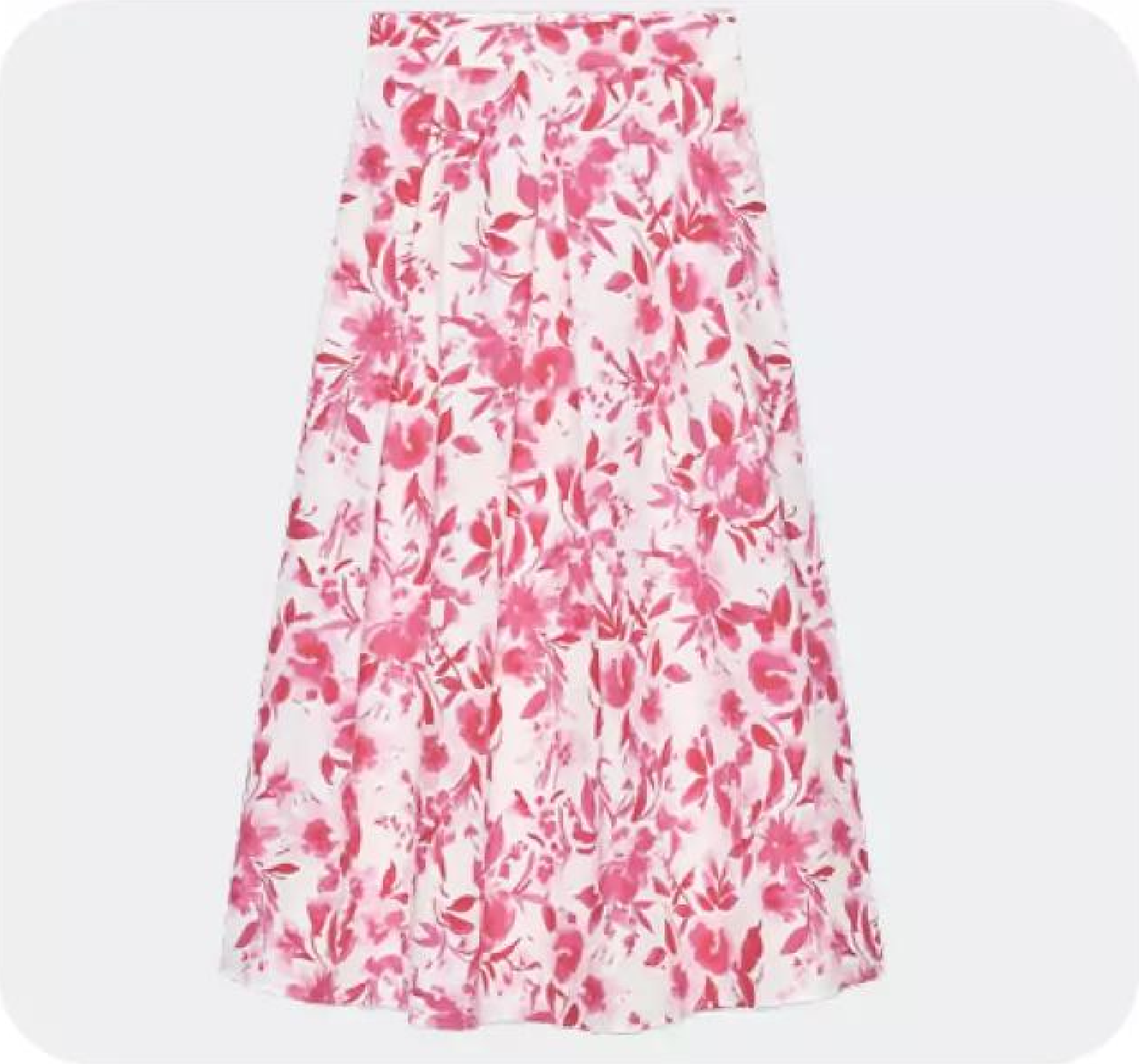

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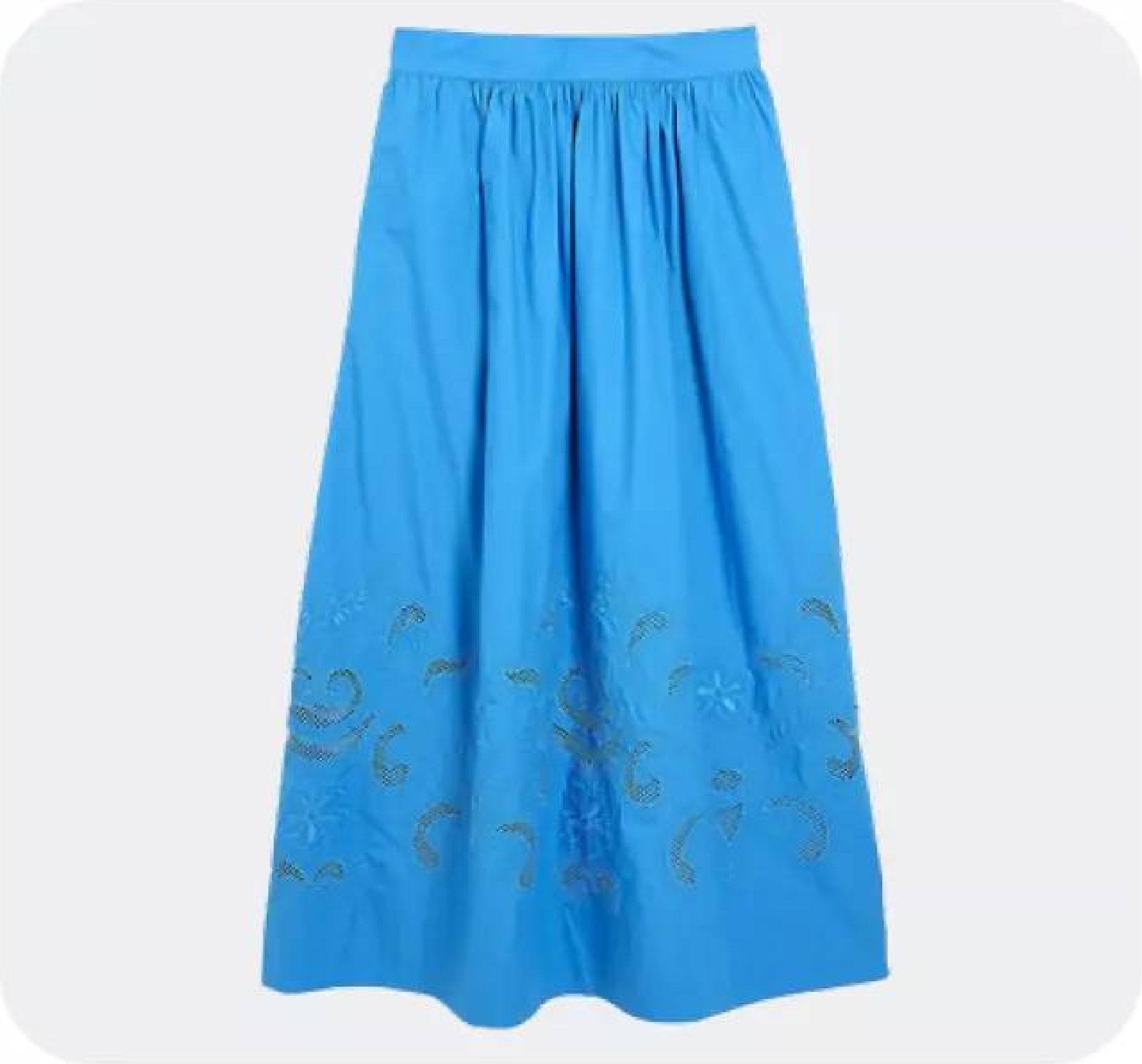

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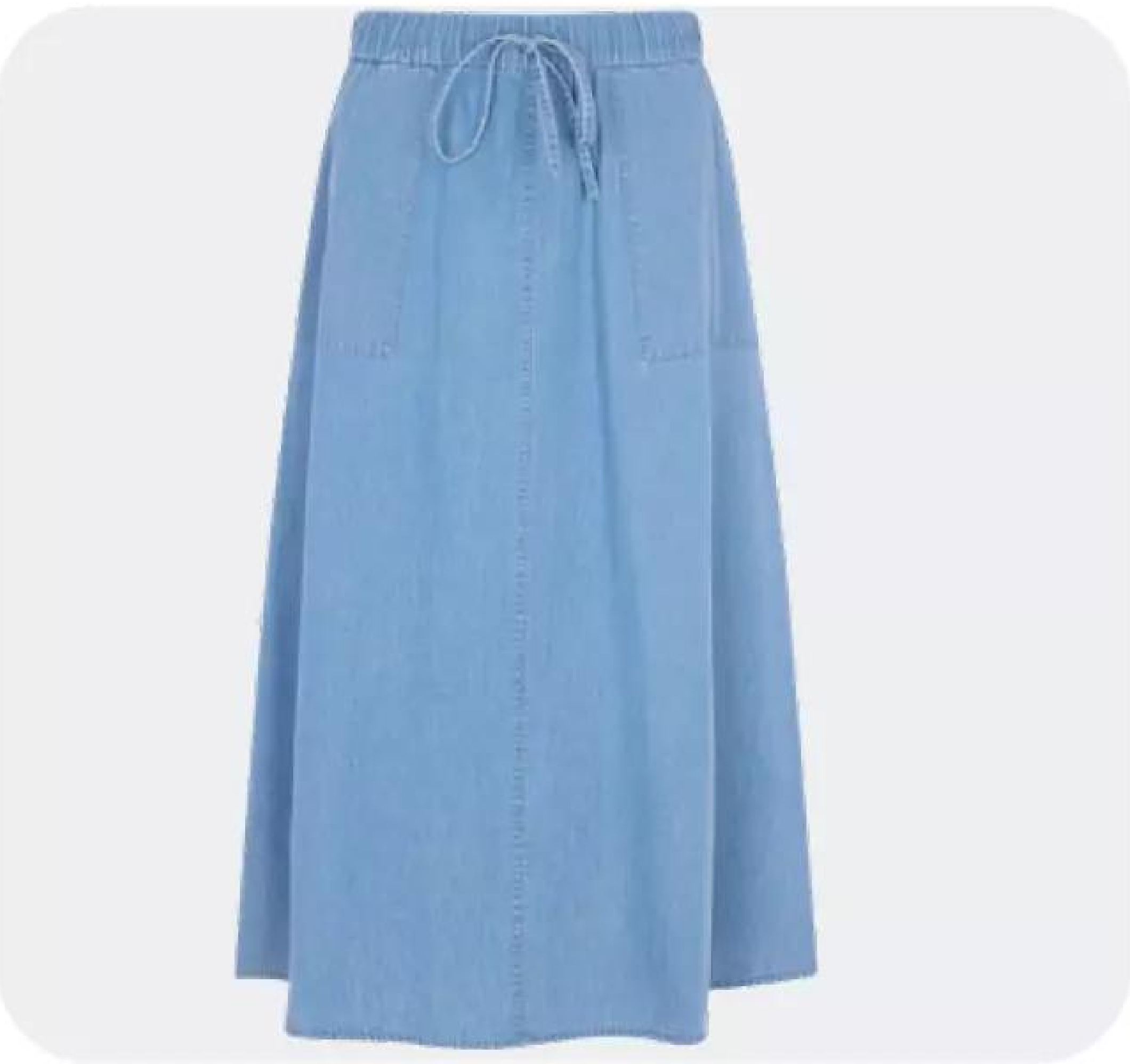

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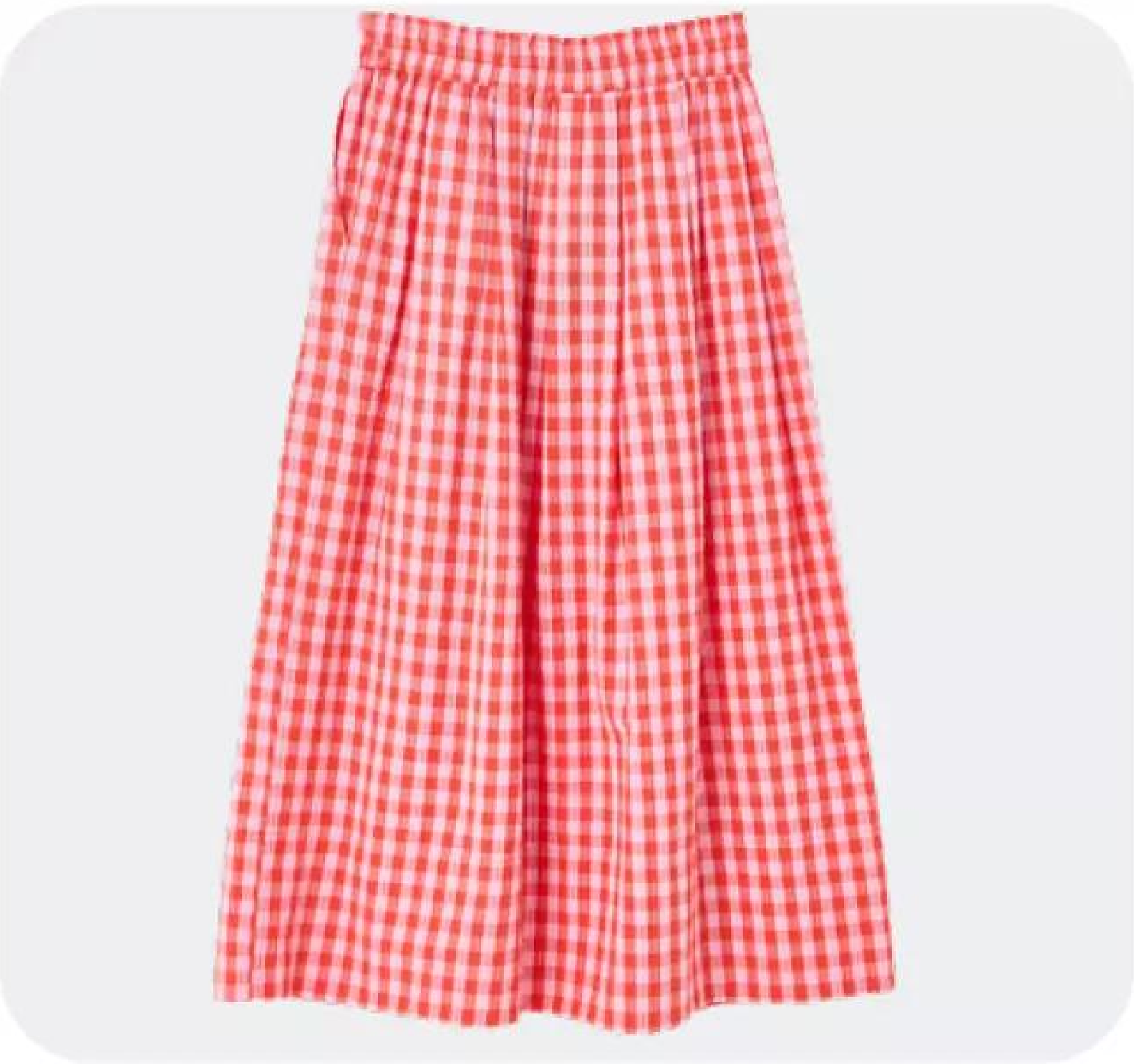

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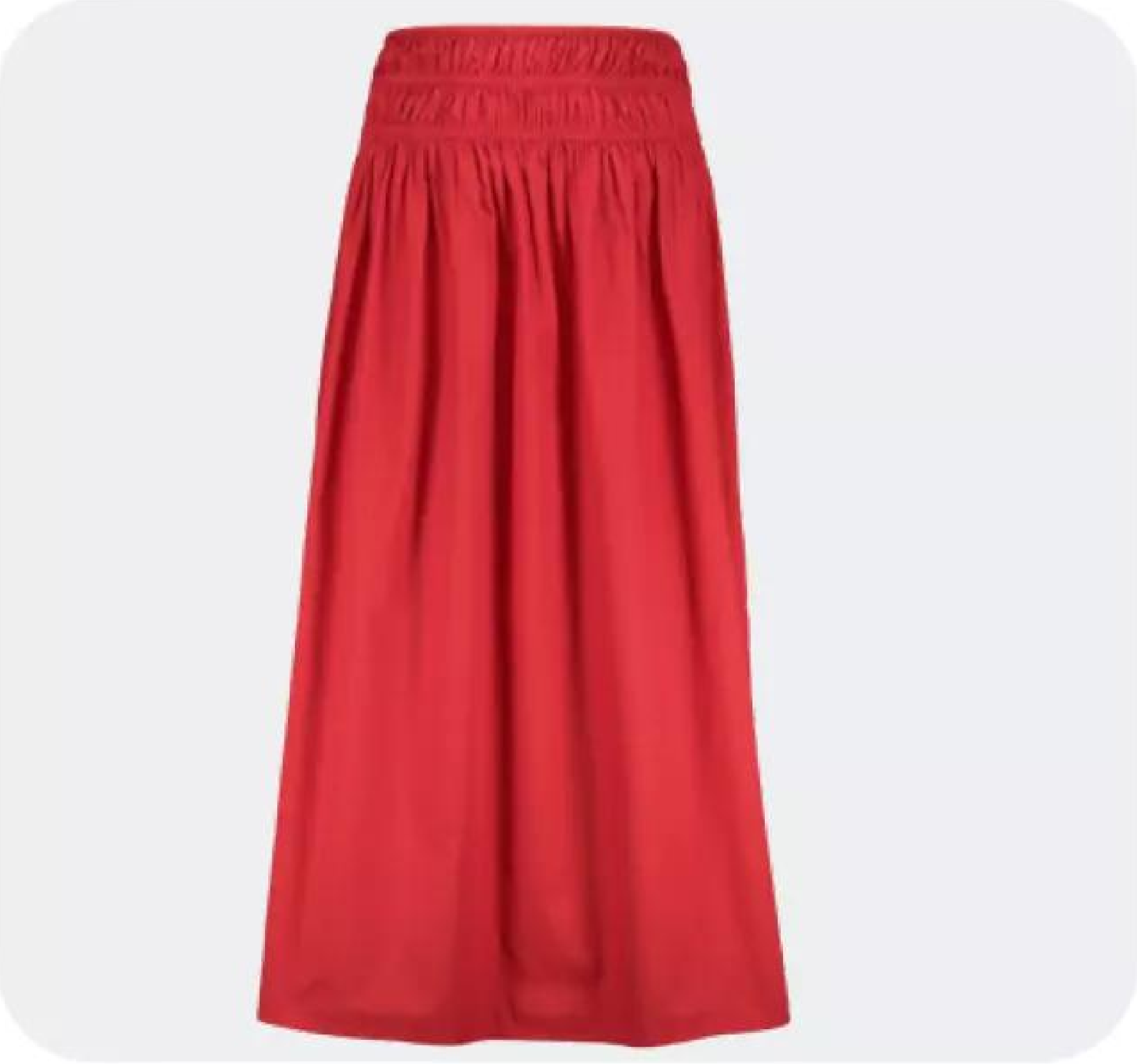

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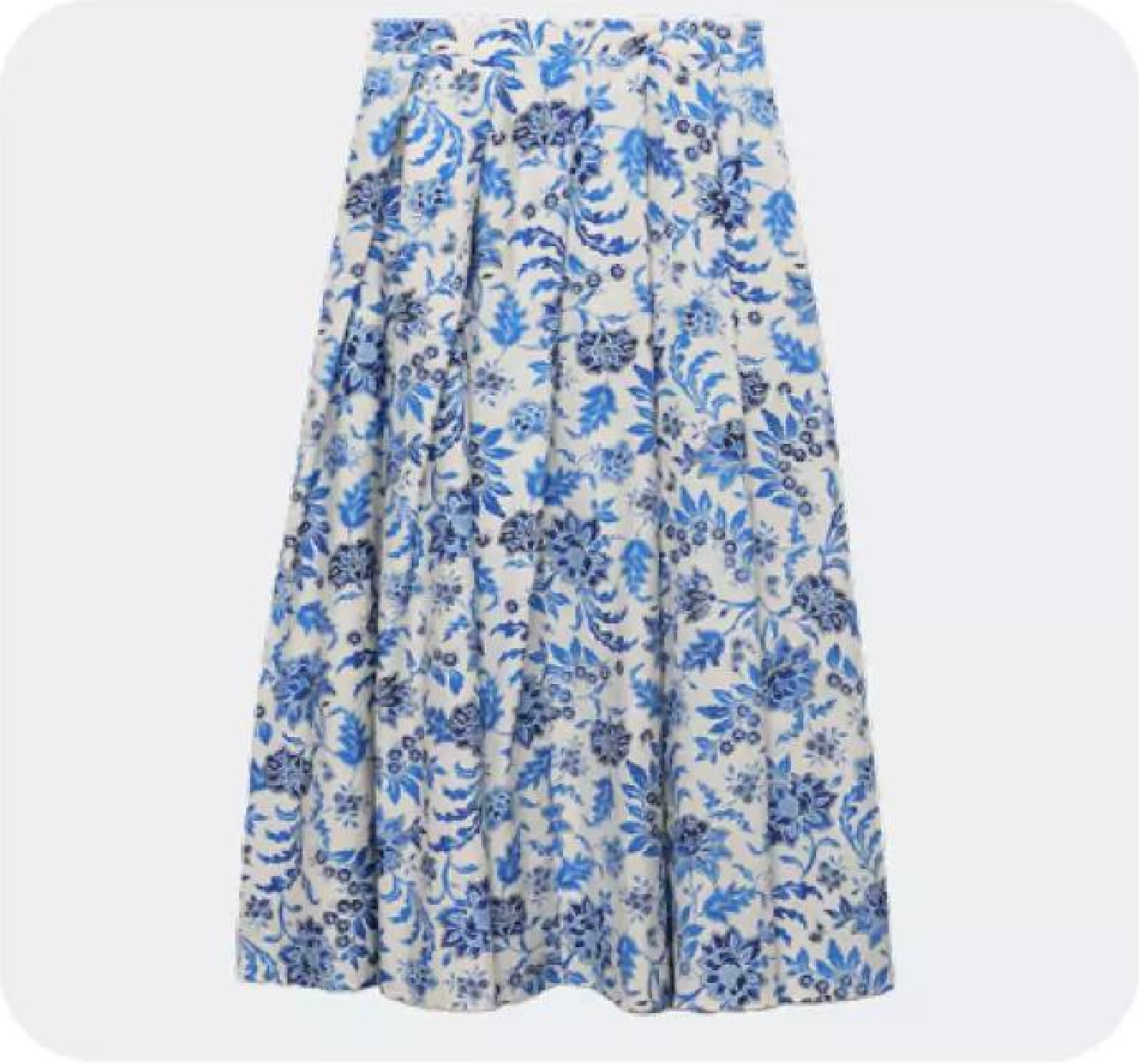

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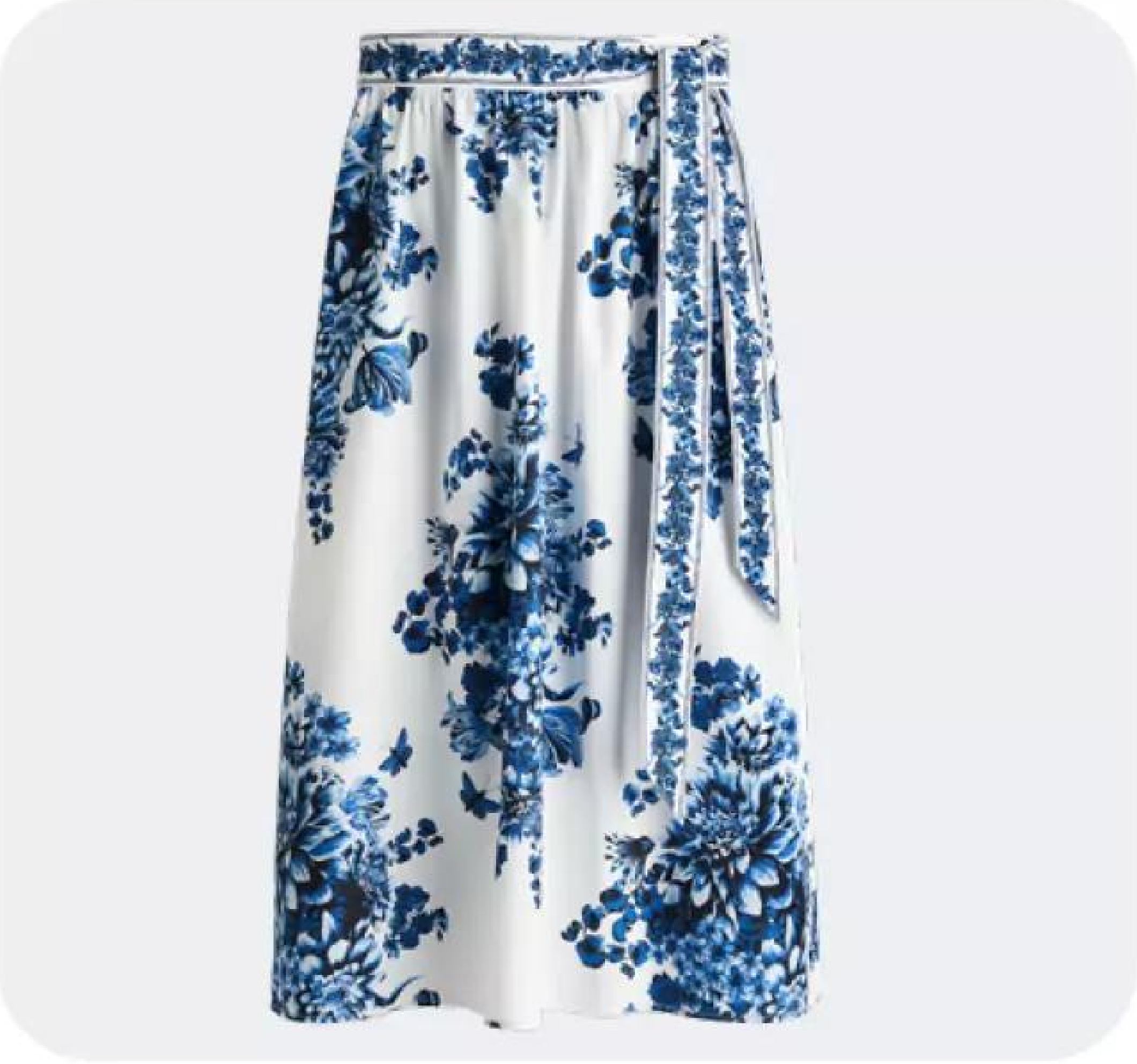

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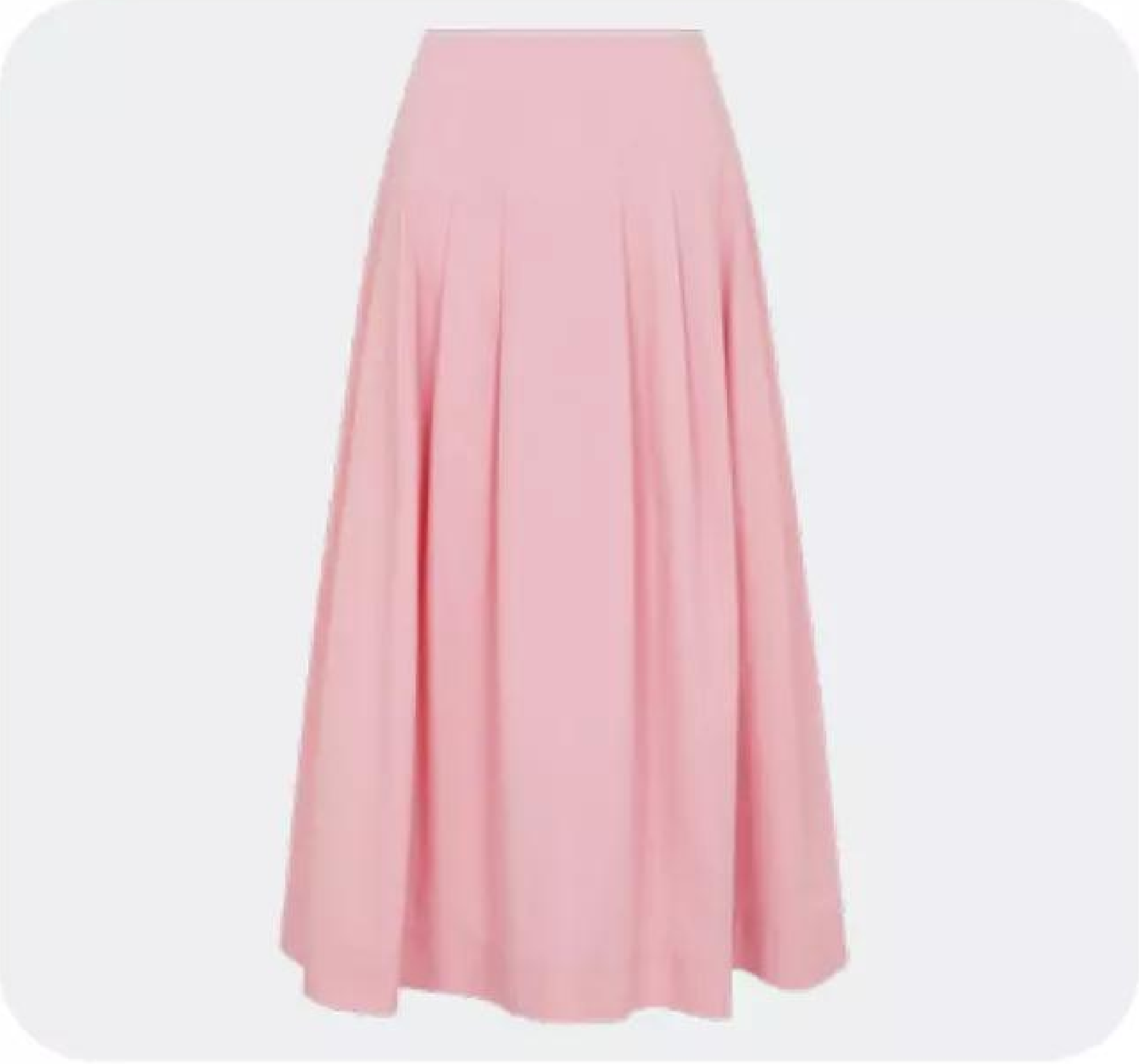

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WHY MOTHER KNOWS BEST

QUEEN OF HARLEY STREET LESLEY REYNOLDS SAYS...

If you've ever wondered where a lifelong love for skincare, beauty, and a bit of bling truly begins, let me tell you, it started for me, not in a glossy magazine or expensive dress shop, but in a warm 1950s kitchen with the scent of rosewater and a mother who danced like the stars and stirred magic into every pot, and sang to me with a tea towel she used as a scarf over her head.

My mother, Rosina, was young, full of life and everything I aspire to be and more. A professional dancer in the 1950s, she was a showstopper in the most effortless way, always impossibly glamorous, full of laughter, very creative, and never afraid of a little hard work. She knew the value of her beauty, but not in the commercial sense, and 'keep young and beauty' really was her mantra. For Rosina, beauty was ritual, resilience, and I always felt, she thought was her real value, however, her wit was extradentary, and her charm immeasurable... And it lived right there on the kitchen table next to the flour tin and the rolling pin and a jar of salt and honey!

Before the era of department store serums and overnight miracle creams, my mum made her skincare from scratch, literally from liquid of paraffin, she used as a make up remover, honey, oats, rose petals, and whatever she could gather from the pantry. I'd sit at the kitchen table, feet dangling, watching her transform basic ingredients into balms and lotions with the same grace she brought to the stage. The stove was her skincare lab, her wooden spoon a beauty wand. I thought all mothers made face creams in jam jars and wore red lipstick and false eyelashes to sweep the floor as they danced around the kitchen in a ball gown.

My mum, Rosina didn't just mix creams, she mixed glamour with everyday life. She taught me that you could still be fabulous while folding laundry, that wearing a silk scarf with your curlers made you feel invincible, and that a dab of perfume behind each ear was as essential as breakfast. She was always composed yet full of creativity. Her artistic talent, wasn't just on the stage, it was in her eyeliner flicks, her home facials, and the way she'd weave a satin ribbon into my plaits.

> *A swipe of red lipstick can change the way you carry your day*

And yes, of course she adored diamonds, as big as my father could afford, or allow, the kind of sparkle that catches the light when you flutter your hand when talking. Her jewellery box (or should I say boxes) was a treasure trove of costume pieces that looked like they belonged to royalty. "A little sparkle," she'd say, "keeps you interesting!."

Now, the best part of this beauty tale? She passed it on. My daughter, Sophie, has inherited every bit of her Granny's flair and her Mum's obsession with glow boosting, but Sophie likes the natural root of Granny, unlike me, who has developed a liking for rip your face off creams and treatments, and not adverse to a bit of surgical intervention. I see Rosina's spirit in the way Sophie layers her skincare like a ritual, or the way she twirls in the mirror when no one's watching. It's a double whammy, glamour from Granny and glow from Mum.

Sophie and I still make face products together, only now it's avocado and manuka honey instead

Lesley's mum: The beautiful Rosina

of cold cream on the stove. We plant herbs and fruits and vegetables and harvest them together; to make our lotions and potions, we keep bees for our honey, and chickens for eggs. Then, sometimes, when we're sipping tea or the occasional glass of champagne, we talk about Rosina the dancer, the dreamer, the beauty alchemist of the kitchen. The woman who taught us both that being beautiful starts with feeling beautiful and that a swipe of red lipstick, and the way you think about yourself, can change the way you carry your day. It was all about self-love really, although, in those days, it was called, looking after yourself. So yes, skincare may be my business, but it's also my heritage - stirred with love.

Thanks, Mum. You taught me everything I know.

best's BEAUTY BOX

Is it possible to hold back the hands of time? Meet Harley Street's Sophie Cooper & *best*'s Dani Southwood. Each week they will be trying out everything from homemade beauty treatments made with ingredients from your store cupboard to the latest beauty trends – they will even have experts on for advice, so you and your kids can AGE LESS together… You can find them on *best*'s instagram or facebook making a budget rosewater hydrating homemade face spritz!

FOR MORE INFORMATION ABOUT LESLEY'S CLINIC, VISIT HARLEYSTREETSKINCLINIC.COM PICTURES: GETTY

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2

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FAKE IT YOURSELF

Freshen your face!

It's strawberry season! While the cost of a punnet continues to increase, this recipe only requires one to do its job. Strawberries are said to have exfoliant benefits, revealing a smoother complexion. Mash up one (removing the stem), and add ½tsp of honey to bind together. Smooth onto your cleansed face before rinsing after five minutes. Apply sunscreen afterwards.

3 THE MAKE-UP MAESTRO

If a traditional make-up counter is out of reach, let augmented reality do the job for you. L'Oréal Paris has created a simulator with ModiFace, a beauty tech company, to allow you to 'try on' a selection of their cosmetics. The tool will need access to a camera, which results in your screen turning into a mirror, and at the click of a button, you can work your way through their blushers, lipsticks, eyeliners and more, before committing to a purchase.

4 THE FUSS-FREE GEL MANI

At home or otherwise, using gels often involves a UV lamp and a removal method. It can be a lengthy process with a high risk of damage. **Mylee Gel Nail Wraps, £13.99**, are stick-on shapes that you press down onto the nail bed, file off the excess, and you're done. The kit comes with a file and orange stick to help shape the wrap to your nail, and can be removed with its **Wrap Remover Oil, £9.99**, allowing a more nourishing way to tend to your nails.

5 THE FOUNDATION FINDER

With the vast array of products and shades on offer, it can be overwhelming to pick the perfect foundation – and that's not even taking into account whether you prefer a sheer or matte finish. Findation asks you about your existing foundation choices and uses this information to recommend the best shades across dozens of other brands. Don't have a base to start with? Matchmymakeup.com guides you through a quiz to help you find your perfect product.

WORDS: *HELEN PIKE* PICTURES: *GETTY*

Elsa McAlonan

best essentials

BEST BEAUTY BARGAINS UNDER £10

FIVE SUMMER MUST-HAVES

Summer is officially almost here, so now's the time to clear out and restock your make-up bag so you're all set for the longer, lighter days and evenings. Most of us will have more special events and outings to go to, so products that will stay put for hours and won't melt in the heat are definitely on the must-haves list. These are the make-up staples you need to buy now to see you through the next few months and, as some of these are already bestsellers or limited buys, it's best to snap them up while you can, as they won't be staying on the shelves for long. These are my favourites and as they're all under £10, none of them will break the bank.

1 THE SHINE-PROOF POWDER

Collection Blurring Powder
£4.99, collectioncosmetics.com

Need a tried and trusted way to keep shine at bay on a hot day? Grab a large, fluffy brush and sweep some pressed powder over your make-up or over freshly cleansed skin to even out your complexion and create a smooth, matte surface. This new one is colour-correcting as it contains blue, green and yellow pigments and helps to tone down redness.

BEST BEAUTY TIP: Instead of using a brush, try applying this with a (dry) foundation sponge, so you can target particularly shiny areas more precisely.

£4.99
COLLECTION.
BLURRING
POWDER
COLOUR CORRECTING
INSTANTLY BLURS AND SMOOTHS SKIN

2 THE EYE-OPENING MASCARA

Avon Fan-omenal Volume & Separation Mascara
currently £8, avon.uk.com

Mascara needs to be replaced every 2-3 months, so there's always an excuse to buy a new one! This one has a double-sided brush to build volume. It doesn't clump or smudge. It isn't waterproof, but it's great for thicker lashes. Available in Blackest Black or Brown Black.

BEST BEAUTY TIP: Line them with Avon's Ultra Colour Glimmerstick Eyeliner (£6.50). Go for Blackest Black or Brown Black for a match with the mascara, or for a contrast, try a colour (It comes in 12 shades) Majestic Plum is fab for green eyes; Bronze is good to brighten blue eyes or Navy for brown eyes.

£8
FAN-OMENAL
VOLUME & SEPARATION MASCARA
AVON

3

THE ON-TREND PALETTE

Barry M Heatwave Eyeshadow Palette

(£8.99, barrym.com)

Eye make-up can be as subtle or sparkly as you like – and the best way to create different looks is with a palette you can play with. It has nine matte and shimmer shades. The colours are all very wearable and smooth. Colours include Pale Sand, Warm Terracotta and Shimmering Gold, so you can use a subtle smoky eye for daytime or full-on glistening lids for going out. Barry M has some fantastic make-up right now – check out their Gelly Hi Shine Nail Paint in Limoncello (£4.49). It's the perfect pale yellow.

BEST BEAUTY TIP: For a stronger colour with the shimmer powders, spray your eye-shadow brush with a tiny bit of setting spray before applying. Try Heatwave Illuminating Prep & Finish Spray (£6.99, barrym.com)

4

THE TASTY LIP BALM

Kiko Milano Coloured Balm

(£6.99 each, kikomilano.com)

We're spoilt for choice with the flavours of lip balms these days with their vast selection of mouth-watering flavours – they're getting more and more like ice cream shops. This is light and ultra-moisturising with ingredients that include shea butter and vitamins A, E and C.

Available in four shades: Vanilla, Tutti Frutti, Blackberry and Almond.

BEST BEAUTY TIP: These are delicate shades and can also be used on your cheeks as a hint of sheer blush. Swipe it on to your cheekbones and blend it in well for a flattering flush.

PICTURES: GETTY, PAUL BULLER

5

THE PERFECT PRIMER

e.l.f. Mint Melt Cooling Face Primer

(£8, elfcosmetics.com)

You might think primer's a step you can skip, but it's well worth giving it a try if you really want to make your make-up stay put in warmer weather. Suitable for dry, oily and combination skin, this lightweight gel feels instantly cool on your skin with its minty aroma (Likened to chocolate chip ice cream). It is hydrating and is easily absorbed, leaving your skin with a hint of dewiness without feeling sticky.

BEST BEAUTY TIP: Keep it in the fridge for extra coolness in hot weather.

Making the right food choices at lunch time could make the difference between you shaping up this summer or piling on extra calories that get stuck on your waistline. Switch to our savvy lunch options and you could be five pounds lighter by weekend!

Drop 1lb a day on the Ladies who lunch diet!

HOW IT WORKS

- Grabbing a sandwich, ready-made salad or a jacket potato mid-way through a busy day could be the reason you're not losing weight. New research shows getting lunch wrong could tot up to a massive 3,700 calories over a week, which would take around 4½ hours of exercise to shift.
- The average woman should be eating 2000 calories each day to maintain weight and around 500 less to lose, but experts have discovered that ready-made salads, overloaded sandwiches and "healthy" cereal bars are adding extra refined sugars and fats to our diet. Worst still are meal deals which tempt us into consuming extra snacks and fizzy drinks.
- Instead, opt for high-protein lunches like meat, fish or egg with salad or nuts – you can buy them ready-made – just skip the dressing – or else take just 10 minutes to prepare them at home.
- Eating out? Scan the menu for grilled options like chicken, salmon or steak and order fibre-loaded sides of broccoli and beans. Turkish food is idea, as it's simply prepared without heavy sauces or try sushi or stir-fry.
- Sticking to high protein low fat foods will help fill you up and prevent late afternoon energy slumps and avoid eating lunch after 2pm. Now follow our lunch diet plan and you could lose 5lbs!

WORDS: *ABBY KNIGHT* PICTURES: *GETTY*

PLEASE SEE YOUR GP BEFORE STARTING A NEW WEIGHT-LOSS PLAN. WEIGHT LOSS ACHIEVED MAY VARY.

DAY 1

BIG IT UP BREAKFAST: 1 small banana, 1 kiwi fruit, 3tbps Greek yogurt, handful nuts.

LOSE IT NOW LUNCH: **Green salad:** lettuce, cucumber and green pepper slices, with 1 sliced skinless chicken breast, fat-free dressing and 1 wholemeal pitta.

SLIM-DOWN SUPPER: **Easy fish stew:** Add 1 medium cod fillet cut into chunks to pan with 1 can chopped tomatoes with herbs, squeeze garlic paste, cook for 10 minutes. Add 30g chopped mozzarella and handful pine nuts. Cook until cheese melts.

DAY 2

BIGHT IT UP BREAKFAST: 30g porridge topped with handful blueberries, swirl with 1tsp. Add honey

LOSE IT NOW LUNCH: 1 ready-made wholemeal or rye bread egg and tomato sandwich. Handful grapes.

SLIM-DOWN SUPPER: **Chicken with couscous:** 1 medium chicken breast pan fried for 15 minutes. 3tbsp.couscous and 1tbsp hummus. Large green salad with fat-free dressing.

DAY 3

BIG IT UP BREAKFAST: 2 eggs scrambled on 1 slice wholemeal toast, two grilled tomatoes.

LOSE IT NOW LUNCH: **Tuna Nicoise salad:** Buy ready-made but swap dressing for oil and vinegar, or toss together 1 bag salad leaves, tomato and red onion slices, handful olives, sliced hardboiled egg and 1 can tuna in water, drained with 1tsp. Fat free dressing.

SLIM-DOWN SUPPER: 2 grilled lamb chops with 3 small new potatoes. Handful each broccoli and carrots.

DAY 4

BIG IT UP BREAKFAST: **Summer smoothie:** 1 small carton natural yoghurt, 1 chopped banana, handful strawberries, 120ml semi skimmed milk. Whiz to blend.

LOSE IT NOW LUNCH: 1 large carton carrot and coriander soup. Small green salad. 2 cubes cheese. 1 wholemeal roll.

SLIM-DOWN SUPPER: Beef fajitas made from 1tsp. sunflower oil, 60g lean beef mince 1tsp Fajita seasoning, ½ each red and green pepper and 1 small onion. Two small wholemeal tortillas and 1tbsp salsa. Green salad.

DAY 5

BIG IT UP BREAKFAST: 2 rashers turkey bacon, 2 each grilled tomatoes and mushrooms. 1 satsuma.

LOSE IT NOW LUNCH: 1 medium sweet potato baked topped with 1tbsp low-fat cheese. 1tbsp coleslaw. Large bunch grapes.

SLIM-DOWN SUPPER: **Tuna and sweet corn pesto:** 60g cooked whole-wheat pasta, 1tbsp pesto sauce, 1 chopped tomato and 2tbsp sweetcorn. 1 can tuna in water and 3tbsp broccoli. Large green salad. 1tsp fat-free dressing.

SNACKS ON THE GO

Choose one each day

- Small pack raspberries
- 1 small pot low-fat fruit yoghurt
- 1 slice wholemeal toast with 1tsp. Almond or peanut butter
- 1 small banana
- ½ carton veggie soup with 2 cubes cheese

Home is where

The Salt Path is the true story of a homeless couple who embark on a 630-mile trek to make sense of their downfall – and fall in love again. It's heart-warming and provides hope...

Raynor and Moth Winn faced their challenges walking 630 miles

Gillian Anderson and Jason Isaacs star in the film adaptation

Raynor Winn was 50 years old when her whole life fell apart. A devastating combination of a business deal that went wrong and an expensive court case ended with her and husband Moth being evicted from the beautiful Welsh farmhouse they'd owned for 20 years.

Not only was it the home that they'd lovingly restored and brought up their two children in, but it was also their main source of income as they rented out rooms to holidaymakers.

When the bailiffs came knocking, the couple – who'd been together since their teens – believed things couldn't get any worse. But in the same week, Moth, 53, was diagnosed with a rare degenerative brain disease. Doctors gave him two years to live.

Raynor and Moth were broke – and broken.

As the couple packed up their home, uncertain of their future, Raynor spotted a book she'd read in her Twenties called *Five Hundred Mile Walkies*, by a man who'd trekked the South West Coast Path with his dog.

And she decided that would be their path too.

'We really didn't have anything better to do,' she says. 'The doctor's only advice for Moth was not to get too tired – and to be careful on the stairs. So we decided to walk 630 miles instead!'

Raynor wrote a best-selling book about their incredible journey along the Cornish, Devon and Dorset coastline, called *The Salt Path*. It sold 1.5 million copies – and it's now been turned into a film on the big screen starring Gillian Anderson and Jason Isaacs.

It's an uplifting story of human resilience which Hollywood A-lister Gillian felt needed to be told. 'It moved me so much that I really felt I had to do it – because this can happen to anyone.'

It was August 2013 when Raynor and Moth set off with just a tent, a couple of sleeping bags, £115 in cash and a bankcard they could use to withdraw £48 a week they were due in tax credits.

Every night they wild-camped in a different location, with no idea what the future would hold.

At the end of their journey in Cornwall, Raynor wrote an article about their adventure for the Big Issue. But she soon realised it was more of a love letter to Moth. And she hoped it would help him remember the highs and lows of their life together when his memory started to fade.

While incredibly heart-warming, the film also tackles the harsh reality of the stigma that comes with being homeless. 'Initially, we'd tell people, and they would physically recoil, draw the dog in on a retractable lead, gather the children,' she told *The Guardian*.

So they pretended they'd sold their home and were on a mid-life adventure. 'Then people would be like: 'Oh, wow, fantastic,

> “WE REALLY DIDN'T HAVE ANYTHING BETTER TO DO”

the heart is

inspirational!' That huge difference in attitude between you sold your house and you lost your house. It's so so different.'

Raynor remembers the day she picked up some coins she'd dropped outside a shop, when a woman kicked her and shouted 'Get up you drunken tramp!' She recalls: 'I was thinking: Who's she talking to? Then I realised she was talking to me. I think that was the point where my sense of self fell apart.'

Somehow the couple kept their dignity and strength: 'Because we were walking. And because we were together,' says Raynor.

And it made her question her beliefs about what 'home' really meant. Like most people, she'd thought of bricks and mortar. 'But, as we were walking, I started to realise that home is a state of mind, it's what makes you feel safe – and you don't need walls for that. You can define home in a different way, and for me that would always be my family, whether they were 100 miles away or there with a rucksack next to me.'

Nature also plays a huge part in the couple's story and the film. 'Being in nature was like my safe place, something I understood, and at that point I didn't understand much at all.' There were many magical moments on their journey - a biblical experience with ladybirds, meetings with swallows, kestrels and a peregrine falcon. And a bizarre encounter with a tortoise.

But it was walking that kept them going. 'That became the reason to go on, just to put one foot in front of the other.' With blistered feet and suffering from sheer exhaustion, they climbed the equivalent of Mount Everest four times. While there was no cure for Moth's condition, walking seemed to keep his illness at bay and made him better.

Actor Jason Isaacs, who plays Moth, says: 'It's a great love story, and it's also a great mystery — Moth has a fatal condition, and was given very little time to live, and they walked, and they froze, and they starved, and they encountered extraordinary beauty, and extraordinary brutality, and his condition started to reverse for reasons that nobody knows even to this day. They're such an ordinary couple with an extraordinary story.'

One of the pairs wild-camping spots!

Instagram/raynor.winn

> **NATURE PLAYS A HUGE PART IN THE COUPLE'S STORY**

The subject matter may seem gloomy, but the film is funny and incredibly uplifting. Raynor remembers a storm that engulfed them as they reached Land's End.

She says: 'There was just me and Moth on the edge of the Atlantic, with a Mars bar and a few pounds in our pocket, and two wet sheets of nylon between us and Canada. It could have been the most awful depressing moment in our lives, but it was a moment when we realised we were completely free in a way we'd never allowed ourselves to be before. In that moment, we knew that we could start to reinvent our lives in our way, how we wanted.'

When they finished their journey in Polruan, Cornwall, and were given a roof over their heads in a flat at the back of a chapel, they put their tent up in the bedroom because they missed being outdoors. Though Raynor says they were grateful for a washing machine and a flushing loo!

Miraculously Moth continues to defy the doctors Raynor thanks their adventure for that.

And says that ultimately they learned one of life's greatest lessons: that home really is where the heart is.

● ***The Salt Path*** **is in cinemas now**

The couple claim that nature is their 'safe space'

Home is where the heart is!

Instagram/raynor.winn

WORDS: CLARE MORRISROE PICTURES: GETTY IMAGES, BLACK BEAR UK, INSTAGRAM

Permission to ch

Yes, we like to 'cheat' too – and by that, we mean using excellent ready-made products to take speedy shortcuts. Whip up these delicious meals when you don't fancy hours in the kitchen...

Sausage Fajita Pilaff

This easy pilaff all cooks together and makes for a colourful and balanced meal. Microwave rice makes this quick and convenient, we've gone for plain basmati but you could use a spiced or flavoured variety if you prefer.

Hands-on time 10min. Cooking time about 20min. Serves 4

- **2tbsp olive oil**
- **1 red onion, cut into 16 wedges**
- **2 mixed-colour peppers, deseeded and sliced**
- **8 chipolata sausages, cut into rough 2cm pieces**
- **35g faijita seasoning mix, we used Old El Paso**
- **2 x 250g pouches microwave basmati rice**
- **200ml chicken stock**
- **Finely grated zest 1 lime and juice 1/2**
- **Small handful coriander, roughly chopped**
- **Guacamole, optional, to serve**

1 Preheat oven to 220°C (200°C fan) mark 7. In a rough 2 litre ovenproof serving dish mix the oil, onion, peppers, sausages and some salt and pepper. Cook for 15min, or until the sausages are golden and the vegetables have softened. Stir through the fajita seasoning and return to the oven for 5min.
3 Stir through the rice, breaking up any lumps, the stock and lime zest and juice. Cook for 10min, or until the sausages are cooked through.
4 Garnish with the coriander and serve with guacamole, if you like.

PER SERVING: (without guacamole) 420cals, 14g protein, 22g fat (7g saturates), 22g carbs (7g total sugars), 4g fibre

Florentine Pizettes

We've used 4 individual oval flatbreads, but you could use 2 larger ones instead, and halve to serve.

Hands-on time 15min. Cooking time about 20min. Serves 4

- **Oil, to grease**
- **200g baby spinach**
- **150g cream cheese**
- **4 small garlic flatbreads, we used M&S Stone Baked Garlic Breads, see intro**
- **4 medium eggs**
- **125g mozzarella ball, drained and torn**

1 Preheat oven to 200°C (180°C fan) mark 6 and grease or line a large baking tray with baking parchment. Put the spinach into a large heatproof bowl, cover with just-boiled water from the kettle. Leave for 1min, then drain and cool under cold running water. Drain again. Lift up handfuls and squeeze out as much excess moisture as you can. Roughly chop, then return to the bowl and mix in the cream cheese and plenty of seasoning.
2 Arrange the flatbreads on the baking tray and spread over the spinach mixture, leaving a small border around the edges. Make a well in the spinach mixture in the centre of each flatbread using the back of a spoon. Carefully crack the eggs into the wells. Scatter over the mozzarella and some freshly ground black pepper.
3 Cook for 20min, or until the egg whites are set. Serve with a green salad, if you like.

PER SERVING: 564cals, 26g protein, 31g fat (13g saturates), 44g carbs (7g total sugars), 3g fibre

Turn over for more

Baked Thai Green Trout

You can use salmon or any white fish fillets instead of the trout, if you prefer. Blending the coconut milk with the curry paste and herbs helps it to come together and gives the dish an appetising bright green colour.

Hands-on time 15min. Cooking time about 20min. Serves 4

- **2 x 250g pouches microwave basmati rice**
- **4 trout fillets, skin removed if you prefer**
- **100g baby corn, halved lengthways**
- **100g sugar snap peas, halved lengthways**
- **400ml tin light coconut milk**
- **4tbsp Thai green curry paste, we used Bart**
- **Large handful coriander, stalks and leaves**
- **1 lime, finely sliced**

1 Preheat oven to 200°C (180°C fan) mark 6. Empty the rice into a rough 2 litre ovenproof serving dish, breaking up any large lumps and spreading to an even layer.
Arrange the fish and vegetables on top of the rice.
2 In a blender, whizz the coconut milk, curry paste, the coriander and some seasoning until smooth. Pour all over the fish, vegetables and rice. Arrange the lime slices on top of the fish.
3 Cook for 15-17min, or until the fish is cooked through. Serve.

PER SERVING: 557cals, 32g protein, 23g fat (9g saturates), 55g carbs (3g total sugars), 3g fibre

Chunky Vegetable Curry

Using preprepared vegetables helps this curry come together quickly. We've gone for a medium curry paste, but feel free to swap it for your favourite.

Hands-on time 40min. Cooking time about 40min. Serves 4

FOR THE CURRY

- **1tbsp olive oil**
- **1 onion, finely sliced**
- **2 garlic cloves, crushed**
- **150g rogan josh curry paste, we used Patak's, see intro**
- **200g cauliflower florets**
- **400g mix of diced butternut squash and sweet potato**
- **400g tin chickpeas, drained and rinsed**
- **2 x 400g tins chopped tomatoes**
- **2tbsp lime pickle, plus optional extra to serve**
- **Large handful coriander, roughly chopped**

TO SERVE, OPTIONAL

- **Poppadums**
- **Rice**

1 For the curry, heat the oil in a large deep frying pan (that has a lid) over medium heat and cook the onion for 10min, until softened. Stir in the garlic and curry paste and cook for 2min, until fragrant.
2 Stir in the vegetables, chickpeas, chopped tomatoes and 200ml water. Bring to the boil, cover, then decrease the heat to low and simmer for 25min, or until the vegetables are tender.
3 Stir in the lime pickle, 1/2tsp salt and plenty of freshly ground black pepper. Check seasoning. Sprinkle over the coriander. Serve with poppadoms and/or rice, if you like.

PER SERVING: 277cals, 10g protein, 7g fat (1g saturates), 39g carbs (17g total sugars), 10g fibre

WORDS & PICTURES: *HEARST*

Wine of the week!

with Olly Smith

Sharing his passion for wine for 20 years, Olly's a regular on *Saturday Kitchen*, a food hero for P&O Cruises and award-winning author of eight books. With his extensive knowledge of all things booze, the only thing Olly is more enthusiastic about than a glass of the good stuff, is sharing it as widely as possible. So, this week, his boozy bargain find...

MORRISONS THE BEST FITOU 2023 (13.5%) £8.50

A standout red this year, balanced with perfume, spice, ripe fruit and lip-smacking sense of scrumptiousness. A great reminder of the excellent value available from the South of France, this red is bang on for bbqs, weeknight feasts or an impromptu party. Blended from Carignan, Grenache and Syrah, expect a wine with decent body, firm texture and the power of a black cherry hooked up to the National Grid.

the Best
FITOU

Make
Serves 4

BEAN & ROMESCO DIP

Take 50g (2oz) toasted and cooled blanched almonds, 25g bread, 100g roasted red peppers from a jar, 1 chopped tomato, 1 crushed garlic clove, 1tbsp sherry vinegar, 2tbsp olive oil, 1/2tsp sweet smoked paprika and pinch of chilli flakes, season then process until smooth. Toss 400g runner beans, trimmed and halved, in 1tbsp olive oil. In batches, cook runner beans in a hot griddle pan over high heat for 8-10min, turning occasionally, until tender and charred. Season. Serve with the dip.

Try
PISTACHIO

N-ICE LOLLIES

Thanks to Dubai style chocolate, pistachio is definitely having a moment! If you can't get enough of it, pick up Gianni's Pistachio Chocsticks, £2.49, from Aldi. Nutty, sweet and indulgent.

Buy
SUMMER EDITION
New
the Best
CARAMELISED ONION & WEST COUNTRY CHEDDAR PINWHEELS
88g

PICKY BITS...

The perfect nibble for Olly's wine. Pop some bite-sized snacks from Morrison's in your trolley, choose from classic Dinky Quiche Lorraines, Mozerella and Tomato Croquettes or our personal favourite,Cheddar & Caramelised Onion Pinwheels. Individually they cost £3.50 but are currently on a 3 for 2 promotion.

WORDS: *LARA NUGENT* PICTURES: *GETTY*

Don't for

Chocolates, Moonpig

£17.98

£42

Reusable cup (three in one), Cupple

Mugs, £7.99 each, tenovuscancercare.org.uk

£39

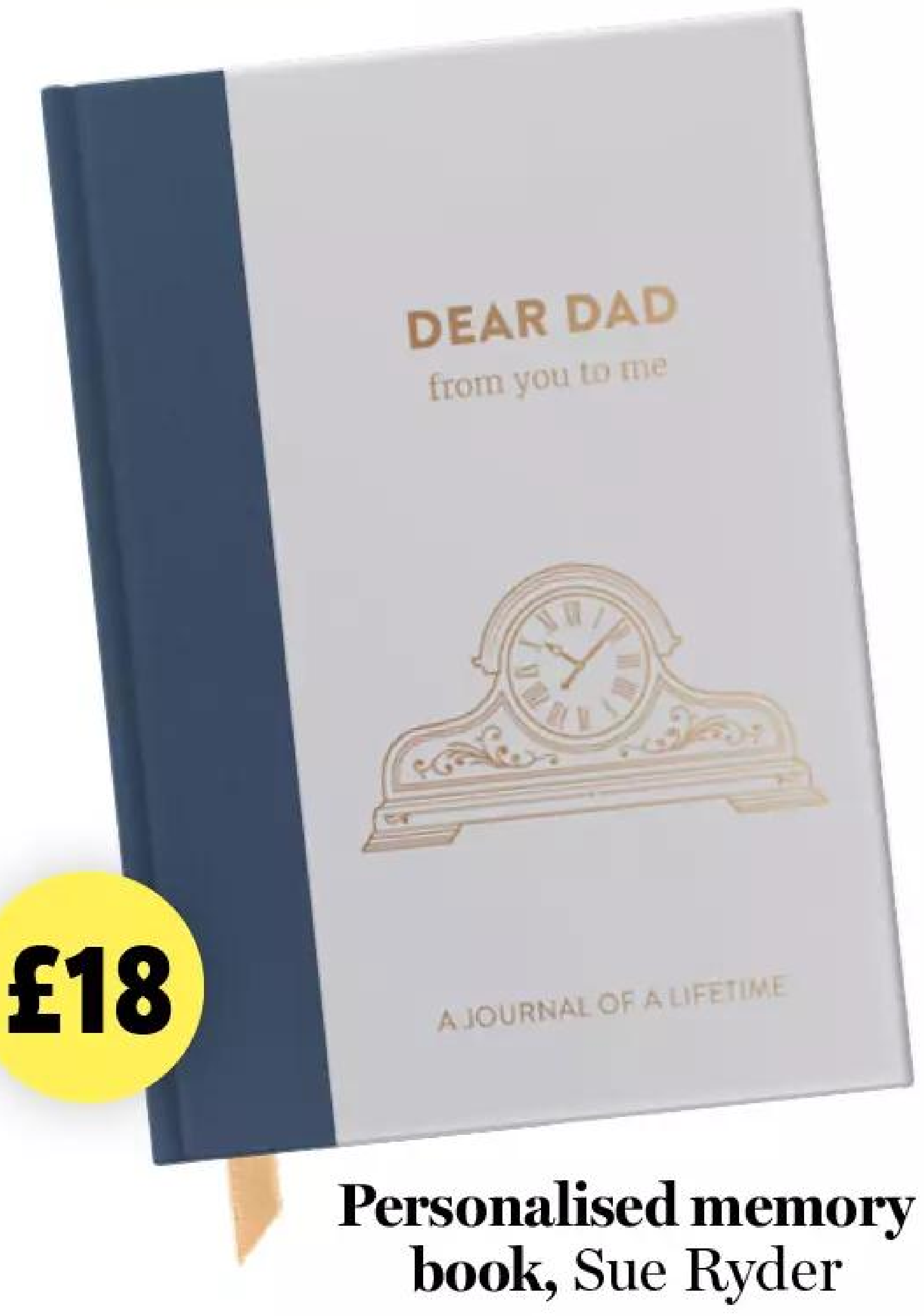
Polo shirt, Joe Browns

£10

Aftershave, M&S

Mug, Poundland

£3



£18

Personalised memory book, Sue Ryder

WORDS: LARA NUGENT

KING
of Dad jokes

TOP TIP! A little treat to show any father figure just how much you care

DRINKS BY THE DRAM
THE THANK YOU DAD WHISKY TASTING SET

£24.95

Drinks by the Dram whisky tasting set, Master of Malt

BEER O'CLOCK

£2

Beer opener and coaster, B&M

Headphones, John Lewis

£33.99

£45

Tie, V&A

DAD'S BBQ TOOLS

£11

BBQ tool holder, Matalan

Rucksack, Primark

£18

get Dad!

Great gift ideas to spoil him rotten

Dear Vane

Our celebrity agony aunt, Vanessa Feltz, tackles your problems with her usual wit, wisdom and humour

THERE'S THREE OF US IN THIS MARRIAGE...

My whole married life I've felt second to the other love in my hubby's life... Football. Naively, I thought his passion for this stupid sport might dim with age – but clearly not. If anything, now the kids have flown the nest and there are fewer distractions with us both being retired, his interest in football has only grown, and I feel left behind. There's no talking to him. He won't change at his age. I have no interest in it whatsoever, so there's no compromising with either of us. Is it too dramatic to get divorced over a game of football?!

Nic, Essex

Yes! The man has done nothing wrong. He's always been a football fan. He never signed a pledge saying his interest in his favourite sport would decrease as he grew older. All he is doing is exactly what he has always done. It would be utterly unfair even to contemplate divorcing him for staying true to his passion. I think your problem is that you don't have a compelling interest to occupy your thoughts and free time in the way your husband does. You will never join him in the terraces, but what would you rather do? This is the moment to make changes in your own life - which do not include ditching your other half.

WHY DOES HE WANT SO MUCH SEX!

Vanessa, my new partner can't get enough of me in the bedroom, and while initially it was flattering, I'm now struggling to keep up! I don't even think I had sex every day in my Twenties, let alone my Sixties! We've only been together a few months, so I don't want to offend him by saying 'I'm not always in the mood,' but I'm exhausted!

Paula, Wales

For heaven's sake! This man is wild about you. You are in your seventh decade, and you are driving him crazy with desire. He is ardent, potent and desperate to make mad, hot love to you every day, and you are griping about being tired. Grab a kip in the afternoon. Take forty winks while he's watching telly. Whatever you do, don't start claiming you have a headache and telling him you are not in the mood. Rampant lust has a shelf-life. No couple, however infatuated, has as much sex five years on as they had at the beginning of their relationship. You fancy this fellow. He's incredibly attracted to you. Just enjoy the moment.

PICTURES: GETTY, NICKY JOHNSTON

Got a problem?

Email your questions to *AskVanessa@hearst.co.uk*

DO I TELL HIM?

I've been in love with one man for nearly 30-years, and I never told him. We met at work when I was just 19, and I've never felt for anyone the way I feel about him. I don't know if he's with anyone now, it's been decades. I came across his Facebook page recently and I'm wondering if it's a sign to reach out? I never got my fairytale ending because no one ever quite matched up to the feelings we once shared. Should I tell him?

Eleanor, Margate

Yes! You tell him. What have you got to lose? But don't just blurt out 'I love you!' – you'll scare him off'! Make contact. Be subtle. Find out how he is, what he is doing and his state of mind. Does he remember you? Has he thought about you? Would he like to meet up? Tread softly and gently. If he seems interested, make plans to get together. If you meet face to face, you'll be able to work out whether he'd be better off in the friend zone, or if there is the potential to turn a historical attraction into a real relationship. Bear in mind you are not starring in a rom-com. There's a possibility he could be either gay, in a relationship or simply not interested.

FOREVER THE BRIDESMAID, NEVER THE BRIDE...

I'm nearly 40, and I've seen most of my friends and family tie-the-knot. While it's always so touching to be made a bridesmaid, I'm quite sick of the whole thing now, to be honest. I'm over it. Weddings are now just a constant reminder of everything I don't have. The happily ever-after dream for me is slowly dying. I've gone from being one of the most excited guests to have, to being incredibly withdrawn and depressed.

Hannah, Derby

I don't blame you. Watching other women walking up the aisle when you still haven't met 'Mr. Right' must be heartbreaking. The important thing is to remember their life stories are entirely separate from yours. You have your own timeline and your love story will unfold without reference to theirs. If getting married is what you want most in life, focus on making it happen. Ask friends to introduce you to single men. Rev up your online dating. You are playing a numbers game, so do all you can to increase your chances. Try to enjoy weddings as if they are just parties. Have fun. Make friends. Drink, feast, dance and have a laugh. Don't get bogged down in comparisons. Love will find you when you least expect it but do all you can to help it along.

And just like that... Carrie's back!

Sarah Jessica Parker is back for season 3 of *And Just Like That...*

Almost three decades on from first winning 'the role of a lifetime' in playing Carrie Bradshaw (famed for her dating disasters and designer shoes), 60-year-old American superstar – Sarah Jessica Parker reveals how things pick up for the infamously glam character this season, how her *Sex and the City* pals (Kristin Davis and Cynthia Nixon) are all set to go through more highs and lows, and some good shoes, too!

What can we expect from Season 3 of *And Just Like That*?

You can expect a lot. There's a lot going on. A lot more shenanigans, high jinx and obstacles, both professional and personal. There is a huge amount going on this season for all the characters, Carrie included.

We worked so hard on this season and I think it really shows. Season 3 is great and I think the fans are going to love it.

Where do we find Carrie at the start of this season?

Carrie starts this season in a good place. She's alone but she's fine with that having formed a certain understanding with Aidan (played by John Corbett). She is busy writing fiction for the first time in her career and loving it. But as always with Carrie, things are never quite as perfect and simple as they might seem. There's a lot for her to deal with this season. I love her story.

It's almost 30 years since you were first cast as Carrie Bradshaw in Sex *and the City*. Did you ever imagine the character would go on this long?

Of course not. I knew it was a great character and that the role was so beautifully written. I knew she was radically different to any character I had ever played or read and that Carrie had so much potential for stories, drama and everything else. But I never imagined any of this.

You have a few things in common with Carrie, including a love of books. Do you ever bring books into the show that you love yourself?

A lot of thought goes into Carrie's books. Most of that is dealt with by our amazing property master, Jo. She reaches out to all the indie publishers for books well in advance of us shooting so by the time we go to air, those are all newly-published books.

Carrie has a few books I probably wouldn't go for but there is some common interest there. We have some cross-over going on (laughs). But Carrie often has a book in her hands so a lot of thought goes into what she is reading and when.

The family are very private

Cynthia and SJP are close

'My closet is a disappointment'

'I nearly turned Carrie down!'

Is it true that you almost turned down the role at first?
I was a little apprehensive but not about the role. It was more the idea of doing a television series. Back then, doing a television show was all about twenty-something episodes a season and seven-year contracts. It was limiting, but HBO was very convincing. And it turned out pretty well. It was the best decision of my professional life. I've never looked back with any kind of regret. Carrie is the role of a lifetime. She still is.

We can't talk Carrie Bradshaw without mentioning her style...
All I can say is that Molly Rogers and Danny Santiago are just so creative and so brave with Carrie's look on this show. And Patricia Field on *Sex and the City*, of course, established the huge part style and fashion plays in our storytelling. They have such amazing ways of finding special things that nobody else can get their hands on. They have these relationships with people all over the world who are hoarding amazing vintage pieces – hats, shoes, bags, belts – that give us so many incredible options. Carrie of course has her own fevered relationship with fashion and shoes.

Is Carrie's love for shoes something you brought to the character, given your real-life love for footwear?
It was actually always there, not just in the character but in the source material – Candace Bushnell's articles and the book Darren Star turned into the television series. Carrie's thing for shoes was something that was there, but it developed over the course of *Sex and the City* as a very handy device for talking about relationships, which it still is.

How many pairs of shoes do you own?
I don't have as many as you might imagine - far less than many women I know. But I have a nice amount, and I get to borrow a lot which makes a difference. I have a nice amount of shoes, but I wouldn't say a staggering amount. If anyone were released into my closet, they would be enormously disappointed because it is New York, and I don't have a big closet.

Have your daughters (Tabitha and Marion) reached an age where they come to you for fashion advice?
They come to me like any 15, almost 16-year-old comes to a parent. It's nothing to do with fashion. It's just routine advice that any parent hopes to be able to give their children about anything. My daughters and our son alike are very much their own people but it's nice to be there if they do want advice and, yes, if my daughters do want to borrow a bag from me (laughs). But I love that our kids are able to always come to us as parents for advice.

You and *Ferris Bueller* actor Matthew Broderick have been married for a long time. What's the secret to a happy marriage in Hollywood?
Probably that I don't talk about it! It really is a secret.

WORDS: *KATIE ELLIS* PICTURES: *GETTY IMAGES, HBO*

● ***And Just Like That*** **episodes air weekly on Sky/Now TV from now to 1 August.**

Minted from

When Paulomi Debnath, 45, discovered she could make hundreds of pounds buying and selling her clothes, there was simply no *shopping* her...

I was at a work event, proudly wearing my new jacket and bag, when the compliments started pouring in. 'You look amazing!' one woman said as she looked me up and down. Another gushed: 'I love your outfit!' And a third lady wanted to know where she could buy my jacket: 'It's beautiful, so vibrant – where did you get it?' she asked.

I realised my jacket was turning heads because it looked so expensive. So did my bag. But the truth was, I'd bought them both second-hand from Vinted - and I'd paid a fraction of the retail price!

In the last two years, I've saved hundreds of pounds buying clothes from Vinted – and made even more selling items I no longer need. The online pre-loved platform is an absolute treasure trove for me because I love fashion – and take my appearance seriously. But I've learned you don't have to pay a fortune to look and feel wonderful.

I've always loved Vintage and have browsed charity shops for bargains for years. But there used to be a stigma attached to second-hand clothes, so I didn't tell anyone.

Now, thanks to the current cost-of-living crisis, mind-sets are changing and people celebrate what they've bought second-hand. Not only do social media influencers and celebrities show off their pre-loved purchases - even BAFTA this year encouraged guests to make sustainable fashion choices!

I first discovered Vinted because my son Ayush, 14, had a closet full of Covid clothes that were unworn thanks to lockdown, and were now too small. Normally, I'd take them

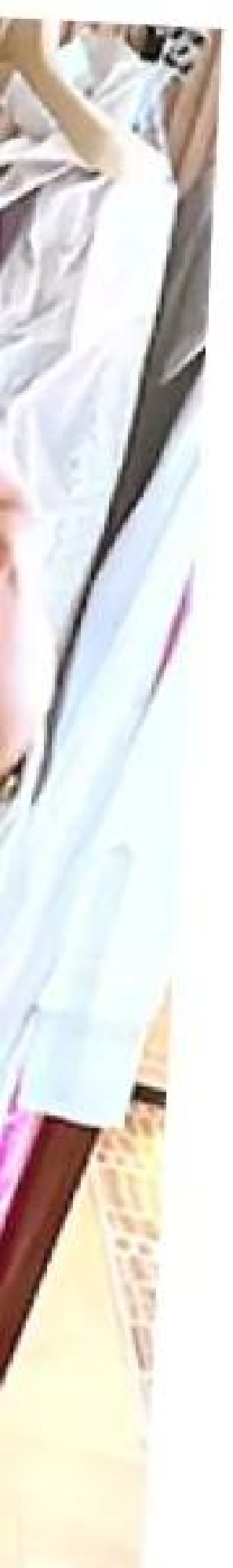
Paulomi is a second-hand advocate!

If there's one thing I've learned

'Second-hand shopping is not only fun, but good for the environment. We should all be mindful of sustainable fashion.'

Paulomi oozes glam in a Kemi Telford design...

Vinted!



to a charity shop – but these were brand new. So I joined the platform to see if I could sell them instead.

I was absolutely delighted when I made £50 ... and I didn't stop there!

I moved on to my own wardrobe, selling pieces that no longer fitted or suited me but were far too good to throw out or donate blindly. I used to work in marketing and corporate sales, so many of my outfits were formal business suits and skirts. But after starting my own jewellery business, handmadebytinni.com designing and making handmade sustainable jewellery, I no longer needed office wear.

I had expensive brands like LK Bennett (one of the Princess of Wales' favourites) and T M Lewin and would've felt bad giving them away for free because I'd paid a fortune for them. So I sold them on Vinted, netting around £100.

Next came my husband's clothes, then all the unwanted gifts and books ... and before I knew it, I was fully immersed in the world of second-hand circular fashion.

Since joining Vinted, I've made more than £600! It's such a great platform as it's very easy to use – and they don't charge the seller commission. It's also a great way of getting a new wardrobe without breaking the bank!

I'm always astonished to see the amount of brand-new clothes (with tags) on Vinted from many of my favourite brands and designers, like Kemi Telford, Ted Baker, Karen Millen, Essentiel Antwerp, LS Markey and Olivia Rubin. There are currently thousands of new Zara items listed and thousands of new pairs of shoes from brands like Nike and Adidas — ready to buy at reduced prices.

I'm delighted to wear pre-loved clothing if it's in good condition, and don't mind whether they have tags on them or not - though some of the friends I've convinced to join Vinted prefer to shop for brand new items. There really is something for everyone!

I love dressing up and like vibrant, colourful clothing that goes with my jewellery and reflects my personality. I also like handmade, high-quality garments, and I've discovered lots of lovely pieces and niche, slow-fashion brands on Vinted.

I've acquired some great buys. I adore Kemi Telford, but at more than £180 for a skirt, it was way too expensive. Thanks to Vinted, I now own five of her beautiful designs after buying them for £20 each - all brand new with tags! I even gifted one to my sister.

Another of my best buys was an Essentiel Antwerp Skirt which was BNWT. It retails at more than £200, but I bought it for just £20.

Last year, when Ted Baker was closing down, I saw a beautiful skirt at their concession at Stansted airport. As I was going on holiday, I decided to order it online when I got home. But, I couldn't find it anywhere. I recently found it on Vinted, with the tag attached, for £40 – it would normally retail at £150. I was thrilled!

I believe that in order to support sustainable shopping habits, it's important to think about longevity when making a purchase. I ask myself: Can I see myself in it years down the line?

Now, aged 45, I take pride in wearing my pre-loved second-hand clothes. It's a great way for fashion lovers like me to buy and save money, especially during a cost-of-living crisis which affects all our spending habits.

Vinted has been a game changer for me. It's an amazing way to extend the life of clothing, shop more sustainably and discover unique brands and fashion at a fraction of the price – I'm sold!

...In fact, Paulomi has found multiple Kemi Telford skirts on Vinted!

> **VINTED HAS BEEN A GAME CHANGER FOR ME!**

LIST OF MY SOLD ITEMS

1. Grey GUESS jumper, £17
2. Adidas shoes, £23
3. Bruno Marc shoes, £16
4. Clarks kid shoes, £15
5. Yellow silk Whistles dress, £25
6. Fitbit Versa 4 'Black Graphite' (with box, brand new, never worn), £100
7. Ralph Lauren white women's trousers, £14
8. Gucci Boy T-shirt (size 8), £30
9. Bundles of my son's clothes, hoodies and shoes (for minimum pricing).

SOME OF MY BEST VINTED BARGAINS

1. Essentiel Antwerp skirt (new with tags), £20. Retails for £200+
2. Kemi Telford skirts – (mostly new with tags), Each around £20. Retail for £150 - £180 each.
3. Kurt Geiger Kensington rainbow bag, paid £90. Retails for £280
4. Mulberry Darley folded wallet in pink (brand new in a box with receipt and tag), I purchased it for £100. Retails for £350+

It's all about colour! How 'Spring' is her Kurt Geiger bag!?

Her Adidas trainers sold for £23!

WORDS: KATE SKELTON

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PICTURE: NICKY JOHNSTON

See the world from HELEN'S HILARIOUS VIEWPOINT...

Our fabulous and funny columnist, comedian **Helen Lederer** is here to tell it like it is, in her own witty way...

THINGS COME IN THREES!

Sometimes you just have to give in, don't you... You know that thing where you find yourself doing a new job, and it's quite intense (in my case rehearsing for a play)... You might be frightened that your back might go any minute – (just from the act of moving about more than usual), and you'd be obliged to admit to the younger folk that you might be... Ahem... A little older than them? You might need a bit of a sit down every so often...?

Well, I had that kind of feeling this week, so the moment we were given our first day off, I thought, 'Right. That is it. It's pampering time for me.' So, I phoned my nearby salon for a reflexologist.

Calamity city! The reflexologist was on holiday.

'And what else have you got then – like today, for example?' I asked, with a slight lip tremble of panic. 'Can we do an ordinary massage?' came the reply. 'We?' I asked.

'I just want one person to do it at a time, thank you' I said. I'm not that modern!'.

'Absolutely' came the soothing reply'

'Can she add in a bit of head?' I asked?

'Yes, she can do a head massage.'

This was more like it.

And feet?' 'Yes, she can do feet.'

'And, back?' - yes, all these body parts could be done, apparently.

So off I jogged (walked) for my bespoke massage, wearing a scruffy old T-shirt and leggings that even my other half never gets to see.

But I was ready. It was only when I placed my face downwards into the little filo pastry-shaped hole in the couch, that I remembered about the dodgy leggings... Would I be judged? But once the Amazon rain forest music got into full swing, my 'legging worry' disappeared into the mist of ylang-ylang.

An hour later, there was a gentle tap on my shoulder, and I was encouraged to leave my pampering escape. Luckily, a few doors down from the salon, I spotted another beacon of indulgence.

A wine bar!

Still in a trance, with oiled hair and feeling spaced out – I serenely ordered some breadsticks and a cheeky little vermouth with an orange and olive. Whoever said 'indulgence comes in threes'... Was right. Actually, I just said it.

> 'I remembered about the dodgy leggings...'

Helen rocks her relaxation look!

We all need some TLC from time-to-time...

We think Helen's day sounded picture perfect!

PICTURES:GETTY, NICKY JOHNSTON

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ON SALE NOW

Ann Widdecombe
QUEEN OF COMMON SENSE

Strictly straight-talking former MP **Ann Widdecombe** is one of the most colourful characters in politics, but she revealed a totally different side to her personality when she took part in a certain dance competition. Now, Ann joins *best* to share her views...

COMFORT OVER FASHION!

One of the signs of ageing, along with moving more circumspectly in the shower, is to choose shoes for comfort rather than fashion.

Nevertheless, I do not think I am being merely a grumpy old woman when I say that the modern fashion for heels as high as Everest is just plain daft.

Recently I was sitting chatting to a magazine editor.

She was smart, sassy, stunningly fashionable and wearing heels like stepladders.

I asked her how the heck she could walk in them and to my stupefaction she said she didn't! She wore them only when sitting down or standing still. Eh? Isn't the very purpose of shoes to walk in them?

Yet, she is wiser than those who do walk in those monsters.

Over time, high heels do damage – to say nothing of immediate injuries in the event of a trip or stumble.

The Royal Society for the Prevention of Accidents estimate that around 7,000 trips to A&E every year in the UK result from high heels.

Presumably all those women wore them to look good and then ended up with the decidedly ungood look of a plaster cast. Where is the sense in that? And anyway, haven't our A&E departments already got enough to do?

Longer term, high heels have been associated with bunions, hammer toes and plantar fasciitis. Ouch! They have also been associated with more serious conditions, such as chronic joint pain and osteoarthritis.

I have nothing against heels and once ran hard all the way from 10 Downing Street to the House of Commons wearing two inchers, but unnaturally high ones add little except an uncertain gait. They cannot be worth the risk and they certainly should not be considered de rigeur in the fashion stakes.

Now, where did I leave my trainers?

> 'Heels as high as Everest are just plain daft'

The perfect shoes… for sitting down

Plaster cast: A decidedly ungood look

PICTURES: GETTY, SHUTTERSTOCK

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PICTURE: *GETTY*

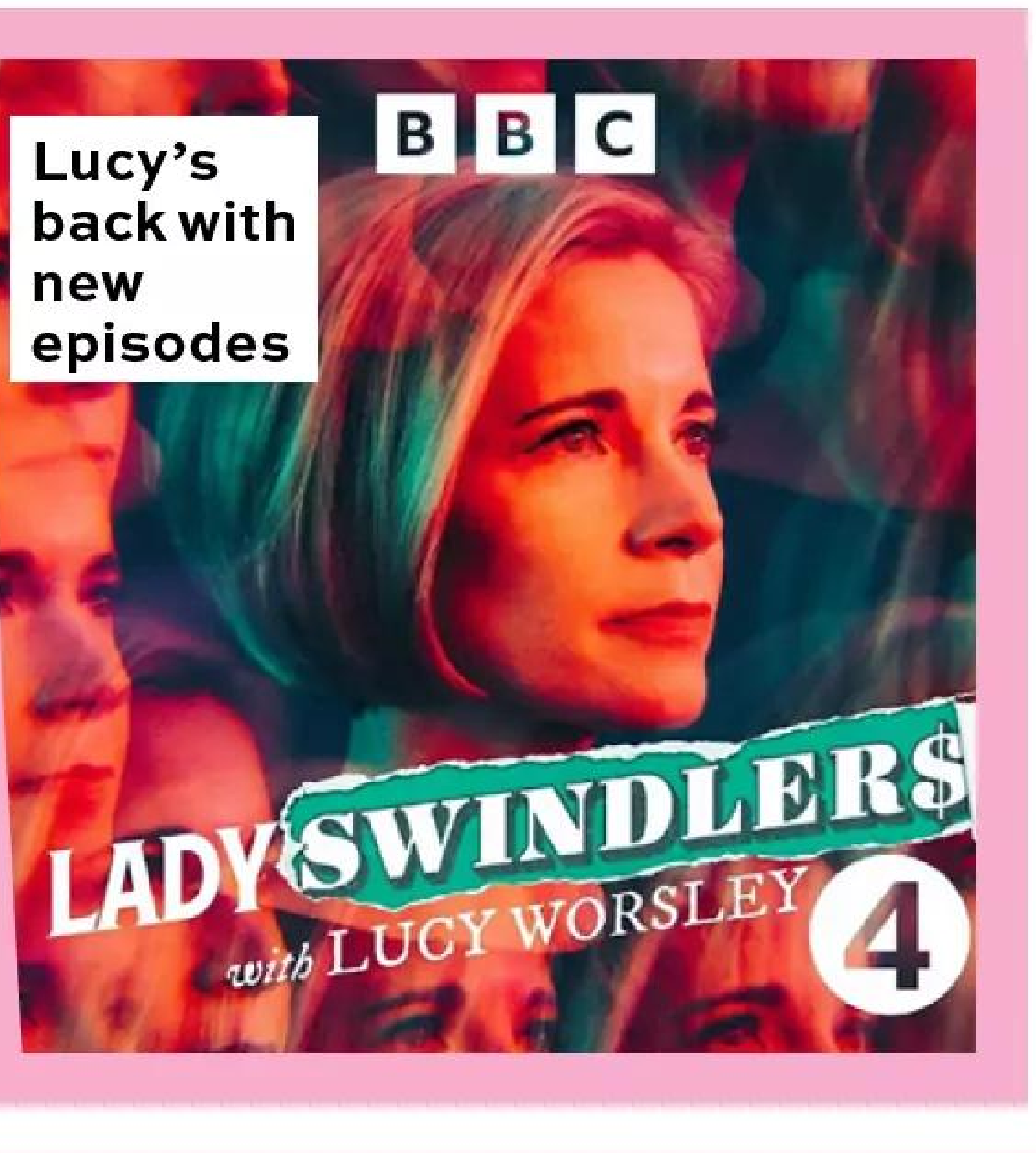
Turn over for more

‘There are so many fabulous female con-artists!’

Lucy Worsley is back with brand-new episodes of *Lady Swindlers*...

Lucy and her all-female team of detectives travel back in time once again, to meet women who didn’t play by the rules. Women trying to make it in a world made for men. Women who stepped outside their ordinary lives to do extraordinary things. What do their crimes and the times they lived in teach us about women’s lives today? Here, the presenter and historian, 51, tells us more about the new series!

The Bobbed Haired Bandit



Lucy’s back with new episodes

What was the reaction to last season’s swindlers, and why are you back for season two?

We thought we should return to swindling because there are so many fabulous female con-artists that we didn’t have room for in season one! I was absolutely thrilled that this time we got to look at a fake medium, and no-one’s life is complete without their knowing about the 1920s New York armed robber called ‘The Bobbed Haired Bandit’.

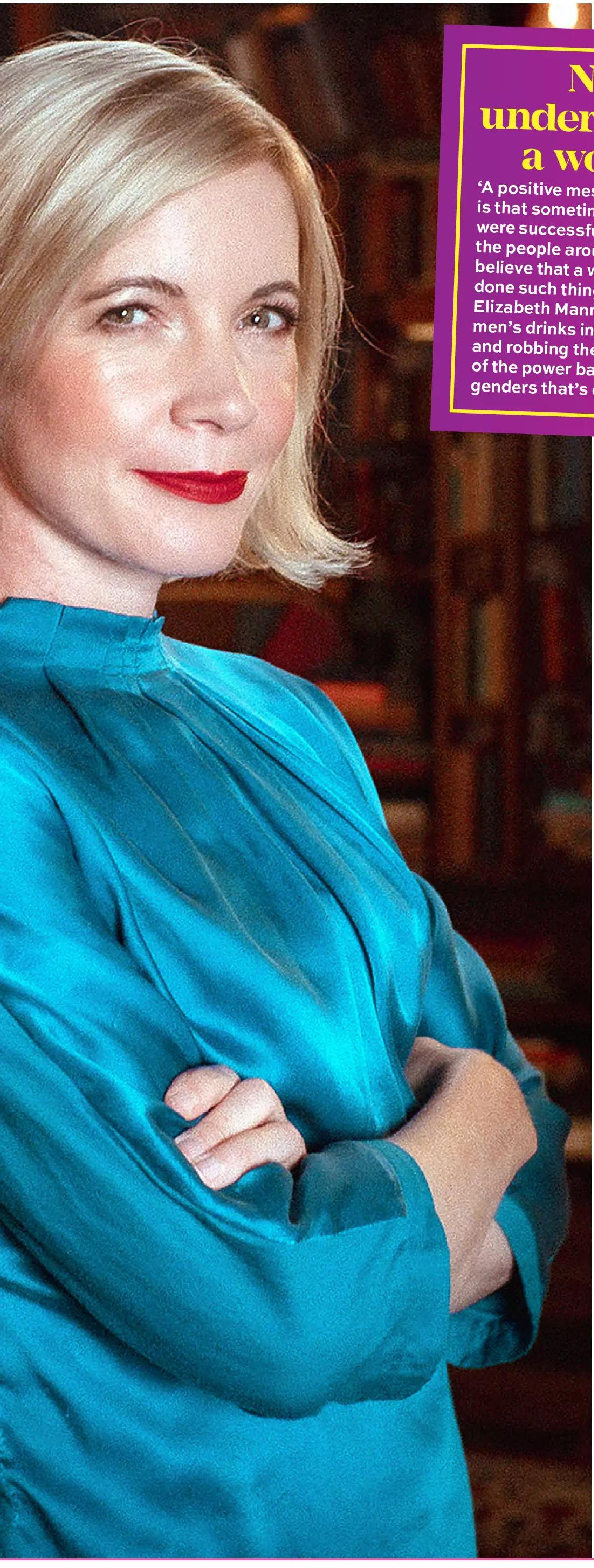
We’ve all enjoyed working on some stories that are a bit lighter and jollier than the deaths we covered in *Lady Killers* - there’s a certain glamour to a lady burglar able to squeeze through a window of eight inches, and a fake philanthropist (gosh, she had some excellent outfits!)

Some of your new swindlers have creepy connections to the spirit world. How did they use their superpowers to swindle their victims?

Aha - you’re thinking of ‘The Yorkshire Witch,’ as she was called, that’s Mary Bateman. She was a purveyor of fake cures and medicines – and her superpower wasn’t so much actual magic as using her magnetic personality to get people to believe that she could cure their ills. She was famous for possessing a magic hen which laid eggs upon which were written the words ‘Christ is Risen’ – but I’m sorry to tell you she pushed the eggs back up the poor old hen’s duct to make it look like she was laying them for real...

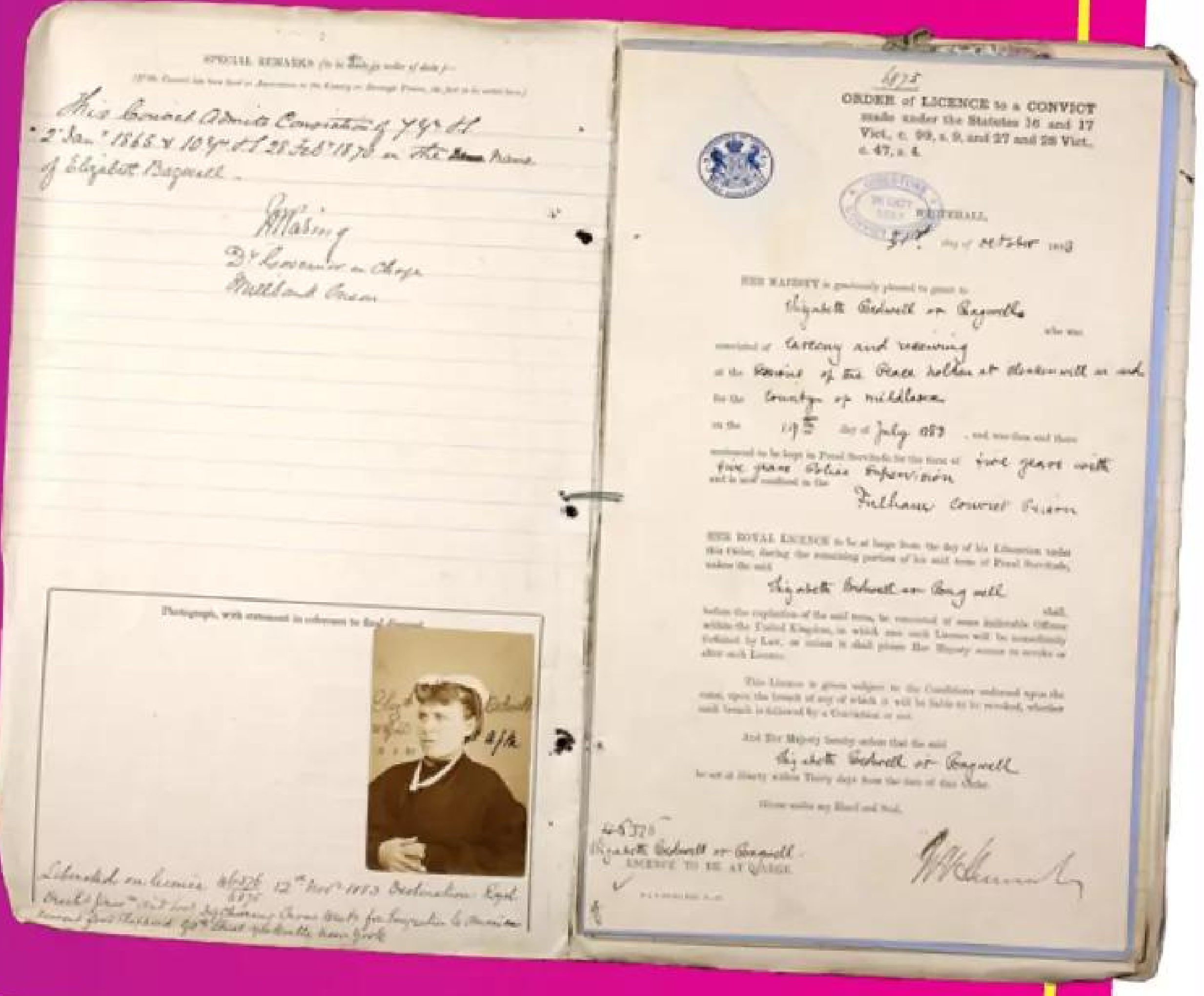
Do you have any favourites?

I was particularly interested in the Fox Sisters, who were some of the best-known Spiritualist mediums in the nineteenth century. They achieved enormous celebrity and success passing on messages from the dead - but then



Never underestimate a woman...

'A positive message to take away is that sometimes female criminals were successful, simply because the people around them couldn't believe that a woman could have done such things. One criminal, Elizabeth Manning, was spiking men's drinks in Victorian London and robbing them: that's a reversal of the power balance between the genders that's quite surprising.'



SPECIAL REMARKS

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WHITEHALL,

LICENCE TO BE AT LARGE.

when they'd fallen out of favour a bit and were on the downward slope of fame, one of them stirred things up again by admitting that all along she'd been faking - and the mysterious raps that people had been able to hear during the seances were actually made by her popping a joint in her foot. It reminds me of a modern-day YouTuber who sells a particular lifestyle, but then when they've taken things as far as they can go, can only gain even more attention by saying: 'I'm so sorry to have to tell you this, but nothing I said was true.'

If you could spend one day in the shoes of a swindler, which one would you choose?

I don't think I'd actually like to have been any of them! It's a lonely and stressful business, I think, tricking people for a living. If I had to, I'd choose Celia Cooney, the Bobbed Haired Bandit, because in later life she managed to put the past behind her and settle down to what she'd always actually wanted: a quiet life as a wife and mother. Astonishingly, it was only after she'd passed away that her children and grandchildren actually learned about her criminal history!

Many of your swindlers have children. In this series, do you consider how women with children in the justice system are treated, then and now?

I think that the consensus of us all on the *Lady Killers* team is that if you punish a woman by parting her from her children, her problems get handed down to damage the next generation too. Catherine Murphy, who coined fake money, wasn't doing it to get rich or famous – she must have just been desperately hard up and looking for work she could do at home, on the kitchen table. She was executed for her crimes, leaving her kids motherless, which is just heart-breaking. I'm absolutely not an expert on the modern justice system, but in most cases I can't see anything good coming out of custodial sentences for women with very young families.

How do you think the swindlers would fare with the challenges of modern-day society?

Some of the criminals, like Annie Gordon Baillie, had a skill for re-inventing themselves. She travelled to Scotland to pose as a lady novelist, wearing a dreamy costume involving tartan and red silk stockings, who was concerned with the plight of the dispossessed crofters of Skye. Then she travelled to Australia and got some very high-up government officials to take her fairly seriously as an emissary from the crofters looking for land where they could start new lives. It was all rubbish, but she inhabited her fantasy worlds so convincingly.

PICTURES: *BBC, THE NATIONAL ARCHIVES KEW, LIBRARY OF CONGRESS PRINTS AND PHOTOGRAPHS DIVISION NYWT&S COLLECTION*

● **Listen to *Lady Swindlers with Lucy Worsley* on BBC Sounds.**

This week's must-see TV

1 Celebrity Gogglebox

FRIDAY, CHANNEL 4, 9PM NEW SERIES

Some of Britain's best-known personalities turn their hand to being the country's most opinionated viewers, sharing their opinions on what they have been watching during the week! Regular guests consist of TV star Rylan Clark and his fabulous mum Linda, plus original Essex girl, Denise Van Outen.

2 What It Feels Like For A Girl

TUESDAY, BBC THREE, 9PM NEW SERIES

Coming-of-age drama set in the early 2000s. Rebellious teenager Byron vacates a small, working-class home town in favour of Nottingham's kinetic underworld club scene, frequented by the East Midlands' premier podium-dancer - the mesmerising Lady Die. Starring Ellis Howard, Laquarn Lewis and Hannah Jones.

COMING UP

CONFESSIONS OF A PARENT KILLER

On 15 September 2023, 35-year-old Virginia 'Ginny' McCullough was arrested in Essex on suspicion of murdering her parents. Not only did she confess her crimes, but she went on to stun officers by revealing she committed the murders almost five years prior and that their bodies remained in the family home ever since. **Coming to Paramount+ 12 June.**

CATCH UP

SIRENS

Worried about her sister's relationship with her billionaire boss, a woman seeks answers at a lavish seaside estate... Starring Julie Ann Moore, Meghann Fahy and Milly Alcock. **On Netflix now!**

3 St Denis Medical

FRIDAY, BBC ONE, 10.40PM **NEW SERIES**

Members of an eclectic team of underfunded yet dedicated doctors, nurses and medical staff do their best not to lose their patience in an Oregon hospital overrun with patients - while caring for everyone who comes in the door, including each other.

4 The Great House Revival

WEDNESDAY, BBC TWO, 7PM **NEW SERIES**

One for interior lovers! Siobhan, her partner Timmie and their two young children hope to bring new life in Butlerstown, Co Cork, by renovating the old post office to become their forever home.

5 Baywatch

FRIDAY, ITV2, 9PM

Based on the Eighties original about the lifeguards on Florida's Emerald Bay, this hilarious adaptation of *Baywatch* starring Zac Efron, Priyanka Chopra, Dwayne Johnson and more is the perfect way to get you ready for the summer months ahead!

HE TURNS WHAT?!

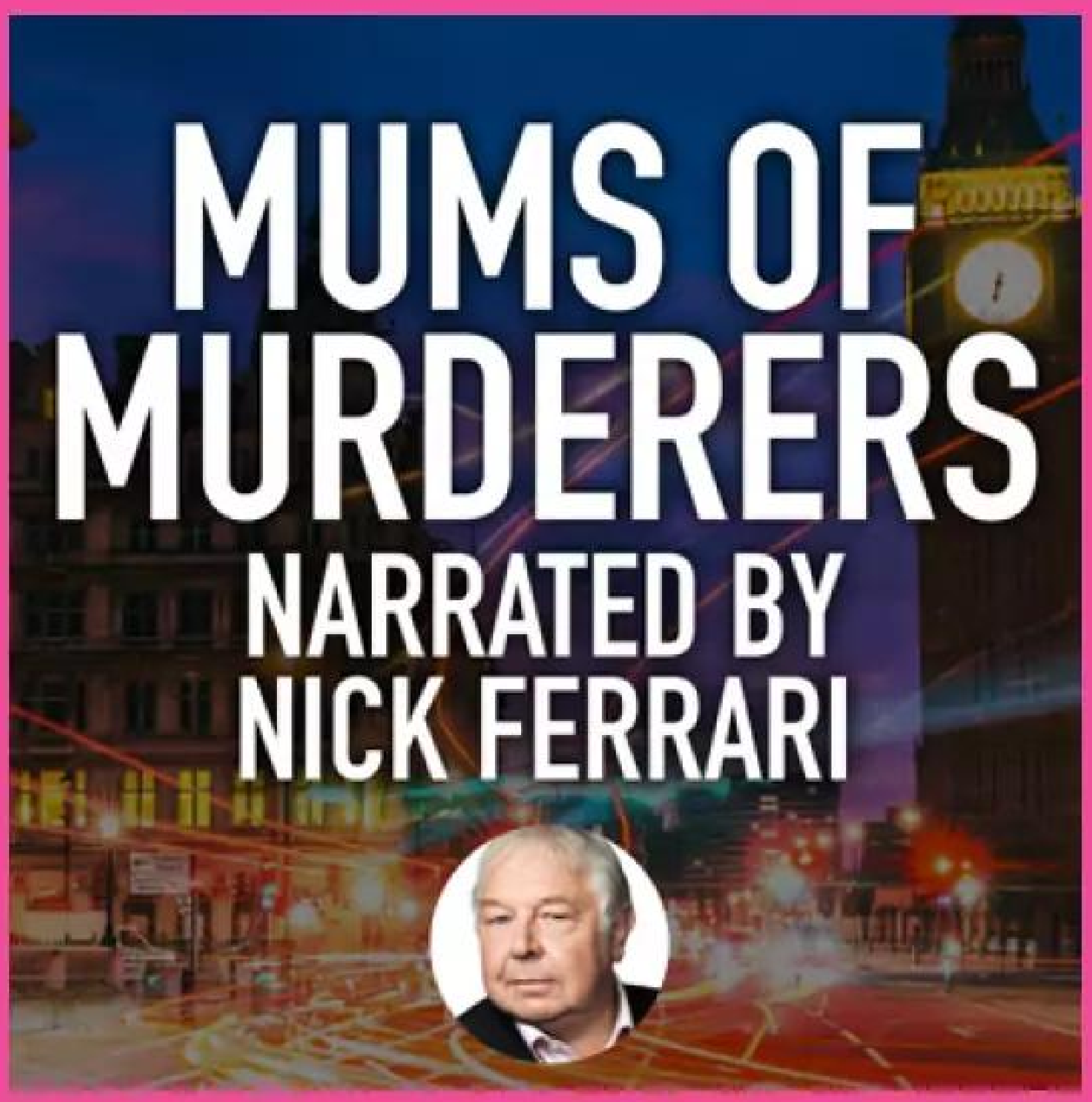
Welsh singing sensation and star of The Voice UK – Sir Tom Jones, is turning 85 on 8 June! The singer – famed for his hits like Sexbomb and It's Not Unusual, will no doubt be dancing the night away this weekend!

PODCASTS WE RECOMMEND...

best
SUDDENLY
SINGLE
podcast
A WEEKLY DATE WITH OUR CELEB best MATES ON DATING
best ED-IN-CHIEF
SIOBHAN WYKES

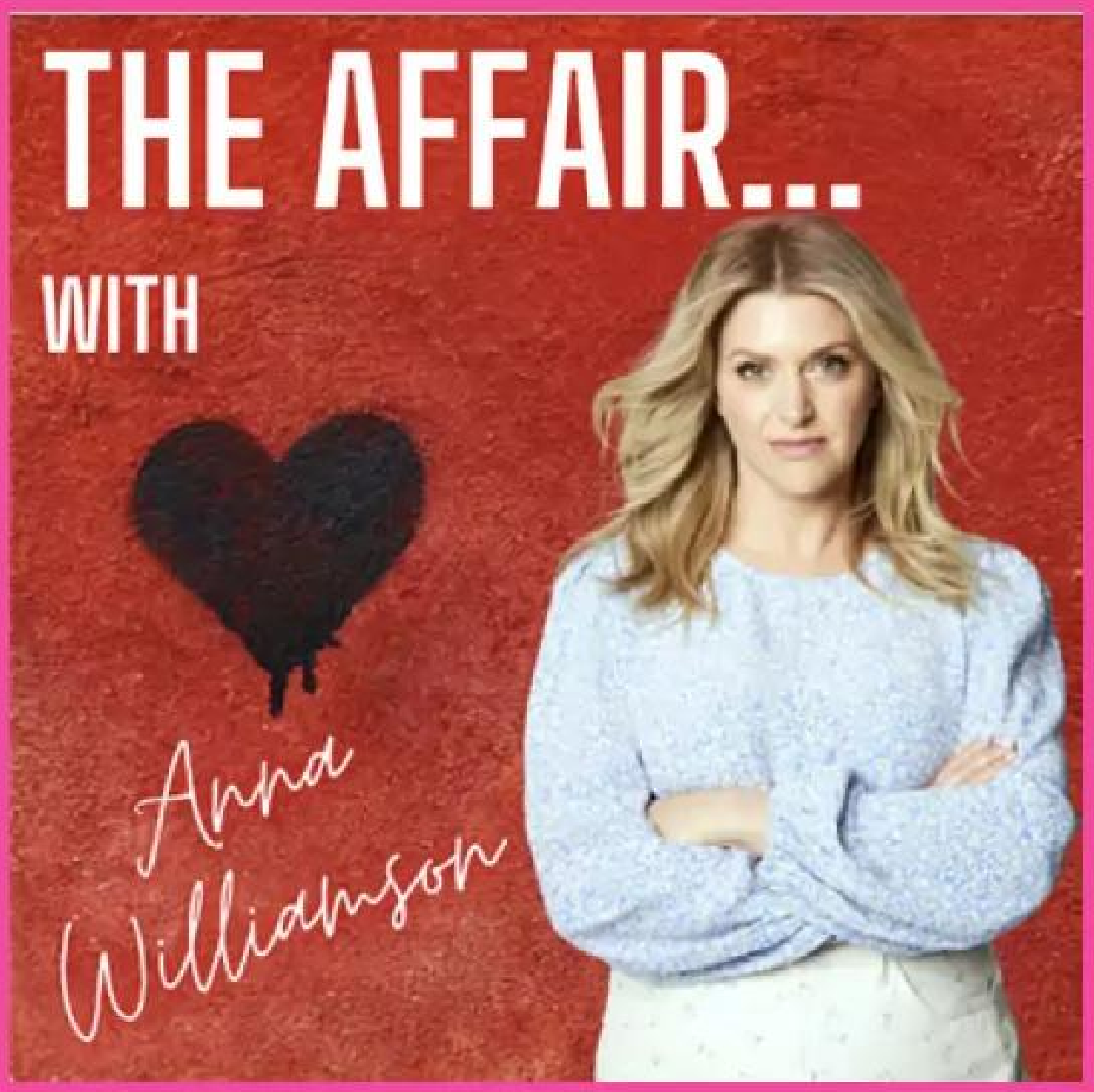
***SUDDENLY SINGLE*, APPLE PODCASTS/SPOTIFY/YOUTUBE**

***best*'s Ed-in-Chief Siobhan Wykes talks to her celebrity mates about how it feels to be *Suddenly Single* – yet again...**



***MUMS OF MURDERERS*, YOUTUBE**

Based on more than 18 months of extensive research, our new heart-wrenching series opens with a detailed interview with Elizabeth de Zoysa, whose son Louis is serving a 'whole life' sentence for the murder of Metropolitan Police Sgt Matt Ratana.



PODCAST: THE AFFAIR WITH ANNA WILLIAMSON

Even as one in five people admit to having an affair, infidelity is still a taboo subject. Aiming to look at cheating but giving a voice to both sides, Anna Williamson shares real-life affairs, told through the eyes of the people involved. Available on all podcast providers.

Watch ONE thing!

Death Valley

BEHIND THE SCENES WITH *best*

*'He's a grumpy old b***ard!'*

A retired actor. A disarming young detective. They'd make the perfect crime-fighting duo – if only they could get along! When John (Timothy Small) and Janie (Gwyneth Kayworth) are not arguing about a case, they're inevitably up in each other's personal business. Despite their differences, they soon realise they are the closest thing each other has to a best friend and unwittingly help one another move on from the past. Here, *Harry Potter* star Timothy, 68, tells us more.

How would you describe your character John Chapel and how are we introduced to him?

John is a retired actor who played the title role of 'Caesar' in a hugely successful TV detective series; a period piece, made in the early 2000s and set in the 1950's. At the height of his fame, he disappeared off the face of the earth, and he now lives in the same region of rural Wales that the police force is operating in; a bearded recluse who has become a bit of a curmudgeon, described by one of the locals as a 'grumpy old b**tard!

What appealed to you about this new comedy crime drama?

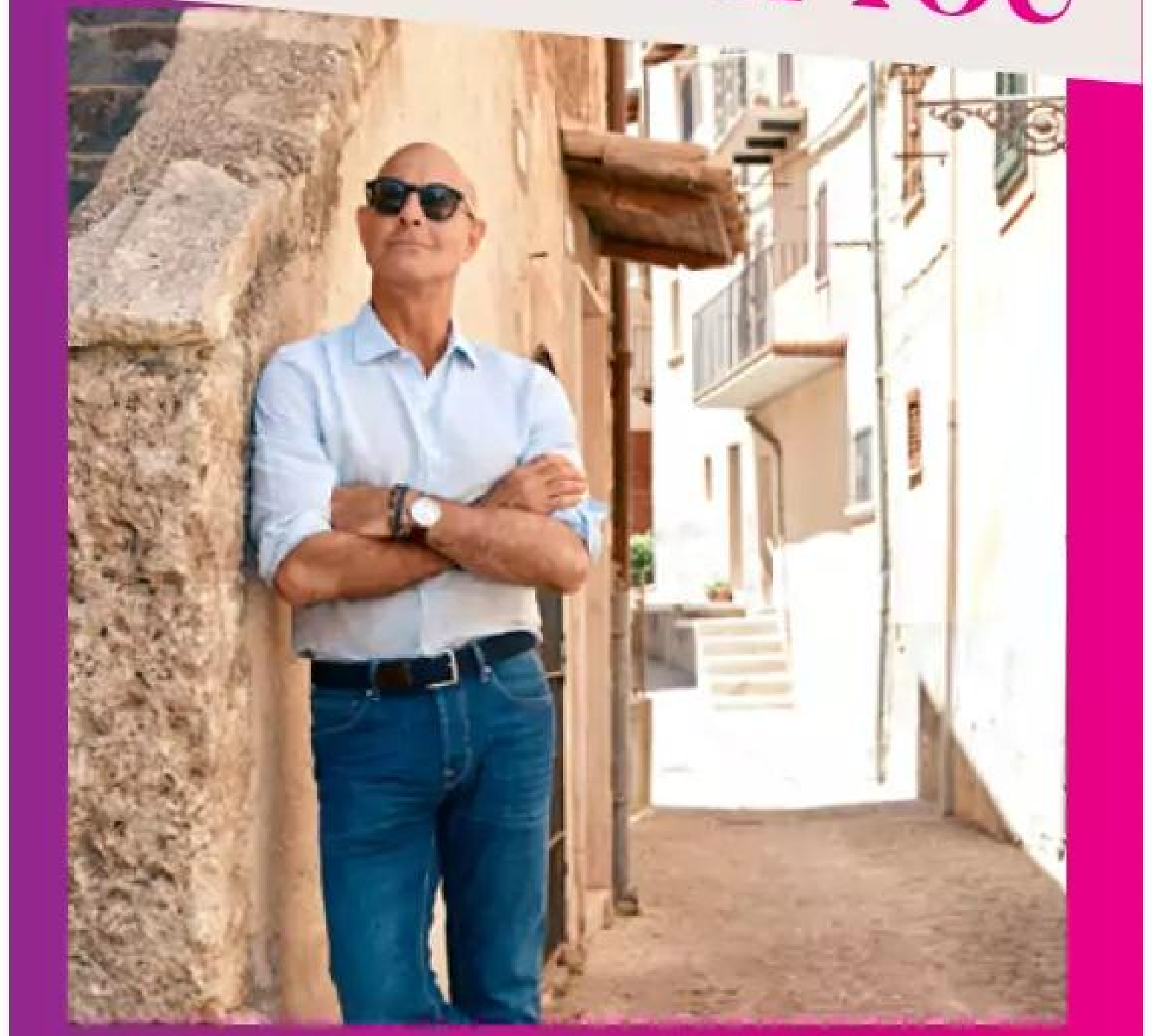
There's an originality and an emotional grounding to the characters. They are both bad at recognising their own faults but excellent at pointing out each other's and those clashes are investigated in an entertaining way.

John and Janie are from completely different generations, does that add to the humour?

Yes, it does and what I like is they don't pull the generational thing on each other. It's oddly similar to a sibling dynamic, and it doesn't fit the bill of what you normally get. John doesn't berate Janie for being young and naïve, she doesn't accuse him of being old and out of touch.

● Watch now on BBC iPlayer.

SERIES FOR YOU



TUCCI IN ITALY

Disney+

In this new series, award-winning American actor – Stanley Tucci (of Devil Wears Prada) is on a culinary quest to explore the connection between the food, the land and the people of the country he loves.

THE REAL HOUSEWIVES OF CHESHIRE

ITVX

The Cheshire ladies return for a milestone series with more shade and champers than you can shake a designer shoe at. Who's bringing the drama this season? Series 1-18 are all on the app.

WHO
DO YOU THINK YOU ARE?

WHO DO YOU THINK YOU ARE?

BBC iPlayer

A new series of famous faces return to their roots in these utterly fascinating DNA stories with the likes of *EastEnders* star Ross Kemp and Hollywood's Andrew Garfield.

GOING OUT: WINE TIME?

MUST, ST ALBANS

For those in Hertfordshire that are partial to a glass of wine (or three) MUST (also in Hampstead, Wanstead and Islington) have a huge variety of wines for you to try from around the globe. Plus, the food's pretty good, too! Visit mustwine.co.uk to book.

CORK & BOTTLE, LEICESTER SQUARE

The legendary Cork & Bottle wine bar in London's Leicester Square was founded in 1971, and still has one of the best wine bar reputations to this day. With *best* HQ just across the street, it's a real favourite of ours for after work drinks! *thecorkandbottle.co.uk/leicester-square/.*

THE DOME, EDINBURGH

And for an extra special night, with alcohol not much more expensive than any other normal bar – this is one of Edinburgh's most famous landmarks. The award winning bar is known for it's stunning decor and unforgettable ambience, so if you're in Scotland - don't miss out on a drink here! *thedomeedinburgh.com/reservations.*

WORDS: DANIELLE SOUTHWOOD PICTURES: BBC, ITV, CHANNEL 4, NETFLIX, DISNEY+, PARAMOUNT+, GETTY IMAGES, INSTAGRAM/THEDOMEEDINBURGH, INSTAGRAM/THECORKANDBOTTLE, INSTAGRAM/MUSTWINE.BAR

The *best* soap u

Brought to you by InsideSoap

EASTENDERS

After Peter continues to struggle with Jimmy's diagnosis this week, Lauren almost relapses – resulting in the pair calling off their engagement.

Peter's determined to fight for full custody of his sons and consults Johnny for legal advice, but Honey overhears. With Lauren furious, is there any hope for a reunion?

Plus, rivals Cindy and Elaine run competing nights at The Vic and The Albert, but when George steps in to help out his ex-wife Cindy and Elaine's night is a failure, she's left jealous. George rushes to Cindy to apologise for Elaine's behaviour – could their old flame reignite?

And, Alfie proposes to Kat again, who says yes. However, Kat makes a startling discovery – could it end their happiness?

CORONATION STREET

Eileen says goodbye to Weatherfield this week after her son Jason asks her to be his business partner at his bar in Thailand. George offers to accompany Eileen, telling her he's ready to leave the Street behind for good. Will he join her on this new adventure, or be left in the dust?

Elsewhere, Abi gets jealous when Carl flirts with Tracy – so when he leaves, she warns Tracy off by painting him as a serial womaniser. Furious, Carl accuses Abi of fancying him and says it's time they were honest about their mutual attraction, before leaning in for a kiss – but will Abi cheat on Kevin with his own brother?

Also, Dylan is released from the STC, and when he bumps into Brody, he wastes no time in telling him to watch his back. When Dylan follows Brody into the ginnel, who'll come out on top?

WORDS: *SARAH ELLIS* PICTURES: *BBC, ITV*

pdate

EMMERDALE

Cain is accused of murdering his son this week after the body in the lake is revealed to be Nate! After receiving the bad news, Cain is questioned by police, who've discovered that he fought with Nate on the day of his death. With Tracy and Chas pointing the finger, their suspicions are put on pause when DC Cole reveals a development in the case – but will it condemn Cain, or save him?

Meanwhile, after panicking that the mystery body is that of her father Anthony, Ruby slips away to the police station to confess to murder. But when word reaches Caleb of who the body really is, can he save his wife from going to prison?

Elsewhere, Pollard's worsening Parkinson's disease causes him to suffer a fall. When he pushes away those who care about him most, what will it take for him to accept the help he so desperately needs?

'Eileen's off to pastures new!'

Corrie star Sue Cleaver on Eileen's big exit...

After 25 years on the cobbles, Sue Cleaver's final scenes as Eileen Grimshaw air this week, as she swaps Weatherfield for Thailand. The Corrie star reveals the advice she'd give her character for her new adventure...

Hi Sue! How does Eileen feel when Jason suggests that she go with him to Thailand?
I think that's when she realises, 'What do I have?' She has love for George, but she knows she's settling. That would be an amazing opportunity, to go to almost the other side of the world, and with the safety blanket of her son being there.

What advice would you give Eileen in this situation?
I think that we have to have more faith in ourselves. It's important that at this time in our life when we have empty nests and we feel that society's done with us, that's when it's really important that we push back against that.

Do you have any other words of wisdom that you think would help her?
The only way to affect change is to get out of your comfort zone. There are lots of opportunities, and we have to remember what we have to offer as women of a certain age; our experience counts for a lot. It's never too late to try something new. That's the journey I'm on.

Is that the ending you wanted for Eileen?
I said very much that I would like her to go off to pastures new, to mirror what I'm doing in a sense. So, it was perfect, I'm so happy with the ending. I felt very grateful!

Louisa Riley

TUESDAY 3 June

BBC1

8PM **Sort Your Life Out with Stacey Solomon**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Expert Witness** (R)
11.15 **Homes Under the Hammer**
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at
1.35 **BBC Regional News; Weather**
2.00 **Doorbell Detectives**
2.30 **Scam Interceptors** (R)
3.00 **Escape to the Country** In Herefordshire.
3.45 **Garden Rescue** (R)
4.30 **Bridge of Lies**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Sort Your Life Out with Stacey Solomon** The team help the Yates family declutter. (R)
9.00 **Who Do You Think You Are?** Will Young discovers an ancestral link to a great villain.
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **What It Feels Like for a Girl** (R)
11.25 **What It Feels Like for a Girl** (R)
12.10AM **Ambulance** (R)
1.10 **The Hit List** (R)
1.55 **Weather for the Week Ahead**
2.00 **BBC News**

BBC2

6PM **Richard Osman's House of Games**

6.30AM **Money for Nothing** (R)
7.15 **Escape to the Country** (R)
8.00 **Extraordinary Portraits with Bill Bailey** With David James. (R)
8.30 **Alison Hammond's Big Weekend** (R)
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **The Edge** (R)
1.45 **Lightning** (R)
2.15 **Unbeatable** (R)
3.00 **Murder, Mystery and My Family** (R)
3.45 **Waterhole: Africa's Animal Oasis** (R)
4.45 **Villages by the Sea** Exploring Craster. (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games** (R)
6.30 **Clive Myrie's Italian Road Trip** (R)
7.00 **Inside the High Street Cyber-Attacks**
7.30 **Nigella's Cook, Eat, Repeat** (R)
8.00 **Springwatch** Updates from the nest.
9.00 **Lockerbie: Our Story**
10.00 **QI** (R)
10.30 **Newsnight; Weather**
11.00 **ODI Cricket Highlights**
11.45 **FILM In the Loop** (2009)
1.30AM **Interior Design Masters with Alan Carr** (R)
2.30 **Scandinavia with Simon Reeve** (R)

ITV1

8.20PM
Midsomer Murders

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; ITV Regional Weather**
2.00 **James Martin's Midweek Menu** The chef gives a masterclass in the right way to make custard.
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Tipping Point** (R)
5.00 **ITV Regional News; ITV Regional Weather**
5.15 **ITV Evening News; Weather**
5.30 **Live UEFA Women's Nations League** Spain v England (Kick-off 6.00pm).
8.20 **Midsomer Murders** Rivalries behind the scenes at a touring dance show lead to murder. (R)
10.20 **ITV News; Weather**
10.50 **ITV Regional News; ITV Regional Weather**
11.05 **It'll Be Alright on the Night** Out-takes from Strictly Come Dancing and Blankety Blank. (R)
12.00AM **British Touring Car Championship Highlights** (R)
1.15 **Shop on TV**
3.00 **Fake** (R)
3.45 **Unwind with ITV**
5.00 **Alan Titchmarsh's Gardening Club** (R)

Channel 4

8PM **Bake Off: The Professionals**

6.25AM **Cheers** (R)
8.10 **The King of Queens** Double bill. (R)
9.10 **Frasier** (R)
11.10 **Celebrity Undercover Boss USA** (R)
12.05PM **Channel 4 News Summary**
12.10 **Help! We Bought a Village** (R)
1.10 **Find It, Fix It, Flog It**
2.10 **Countdown**
3.00 **A Place in the Sun** Nerja, southern Spain. (R)
4.00 **Narrow Escapes**
5.00 **Chateau DIY** (R)
6.00 **A New Life in the Sun: Where Are They Now?**
7.00 **Channel 4 News**
8.00 **Bake Off: The Professionals** The teams create showpieces inspired by a Japanese garden.
9.00 **24 Hours in A&E** Jeremy and Patricia are admitted with injuries following a car crash.
10.00 **Celebrity Gogglebox** (R)
11.05 **Diddy in Plain Sight: Untold**
12.05AM **Gogglebox** (R)
1.00 **Ramsay's Kitchen Nightmares USA** (R)
1.55 **Changing Rooms** (R)
2.50 **The Supervet** (R)
3.45 **Devon and Cornwall** (R)
4.40 **Jamie's Comfort Food Bites** (R)
4.50 **Location, Location, Location** (R)
5.45 **Countdown** (R)

5

10.15PM **Ben Fogle: New Lives in the Wild**

6.00AM **Milkshake!** Children's programmes.
9.15 **Jeremy Vine**
11.30 **Storm Huntley with Matt Allwright**
12.30PM **Vanessa**
1.40 **5 News at Lunchtime**
1.45 **Home and Away** (R)
2.15 **FILM Murder 101: A Gabbi Luck Mystery** (2023)
4.00 **Bargain-Loving Brits in the Sun**
5.00 **5 News at 5**
6.00 **Dogs Behaving (Very) Badly** (R)
6.55 **5 News Update**
7.00 **The Yorkshire Vet: At Home with the Greens** The Greens receive a visit from an estate agent. (R)
7.55 **5 News Update**
8.00 **Reuben Owen: Life in The Dales**
9.00 **Faking It**
10.15 **Ben Fogle: New Lives in the Wild** (R)
11.15 **Inside the Force 24/7** (R)
12.15AM **Motorway Cops: Catching Britain's Speeders** (R)
1.15 **PlayOJO Live Casino Show**
3.00 **Friends** (R)
4.00 **Dogs Behaving (Very) Badly** (R)
4.35 **The Wonderful World of Chocolate** (R)
5.30 **Entertainment News on 5**
5.40 **Paw Patrol** (R)
5.50 **Pip and Posy** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Top Gear** 7.00 **The Catch Up** 8.00 **Gavin & Stacey** 8.30 **Gavin & Stacey** 9.00 **What It Feels Like for a Girl** *NEW SERIES.* Coming-of-age drama, starring Ellis Howard. 9.45 **What It Feels Like for a Girl** 10.30 **Him & Her** 11.00 **Him & Her** 11.30 **I Kissed a Boy** 12.15AM **I Kissed a Boy** 1.05 **Top Gear** 2.05 **My Mate's a Bad Date** 2.25 **What It Feels Like for a Girl**

ITV2

2.00PM **Ant & Dec's Limitless Win** 3.00 **Hart of Dixie** 4.00 **Gilmore Girls** 5.00 **Dress to Impress** 6.00 **Celebrity Catchphrase** 7.00 **Deal or No Deal** 8.00 **Ant & Dec's Limitless Win** 9.00 **The 1% Club** 10.00 **Plebs** 11.05 **Family Guy** 12.00AM **American Dad!** 12.30 **American Dad!** 1.00 **Bob's Burgers** 2.00 **Plebs** 3.00 **Shopping** 4.30 **Unwind** 5.00 **Shopping**

E4

2.00PM **Young Sheldon** 3.00 **Modern Family** 4.00 **Simpsons** 5.00 **Big Bang Theory** 6.30 **Simpsons** 7.00 **Hollyoaks** 7.30 **Simpsons** 8.00 **Below Deck Down Under** 9.00 **Celebrity Gogglebox** 10.00 **First Dates** 11.05 **Gogglebox** 12.10AM **Big Bang Theory** 1.10 **Simpsons** 1.40 **Brooklyn Nine-Nine** 2.35 **Goldbergs** 3.25 **Below Deck Down Under**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **A League of Their Own: Mexican Road Trip** 9.00 **Big Zuu and AJ Tracey's Rich Flavours** 10.00 **Never Mind the Buzzcocks** 11.30 **Brassic** 12.30AM **The Force: North East** 1.30 **Road Wars** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **Motorway Patrol**

Sky Witness

2.00PM **FBI** 3.00 **Caught on Dashcam** 5.00 **Caught Red Handed** 6.30 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **FBI: Most Wanted** 9.00 **The Rookie** 10.00 **The Cleaning Lady** 11.00 **Bull** 12.00AM **FBI** 1.00 **FBI: Most Wanted** 2.00 **The Equalizer** 3.00 **The Good Doctor** 4.00 **Highway Patrol** 5.00 **Stop, Search, Seize**

4 June WEDNESDAY

BBC1

10.40PM **Glow Up: Britain's Next Make-Up...**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Expert Witness** (R)
11.15 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at
1.35 **BBC Regional News; Weather**
2.00 **Doorbell Detectives**
2.30 **Scam Interceptors** (R)
3.00 **Escape to the Country** (R)
3.45 **Garden Rescue**
4.30 **Bridge of Lies**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **The Repair Shop on the Road** (R)
9.00 **Race Across the World**
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **Glow Up: Britain's Next Make-Up Star** (R)
11.40 **Little Simz: Live at the BBC**
12.10AM **Change Your Mind, Change Your Life with Matt and Emma Willis** Double bill. (R)
1.45 **Celebrity Bridge of Lies** High stakes quiz. (R)
2.30 **Weather for the Week Ahead**
2.35 **BBC News**

BBC2

7PM **The Great House Revival**

6.30AM **Bargain Hunt** (R)
7.15 **Escape to the Country** (R)
8.00 **Celebrity Antiques Road Trip** (R)
9.00 **BBC News**
11.15 **Politics Live**
1.00PM **The Edge** (R)
1.45 **Lightning** (R)
2.15 **Unbeatable** (R)
3.00 **Murder, Mystery and My Family** (R)
3.45 **Waterhole: Africa's Animal Oasis** (R)
4.45 **Villages by the Sea** Orford in Suffolk. (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games** (R)
6.30 **Clive Myrie's Italian Road Trip** (R)
7.00 **The Great House Revival** *NEW SERIES.*
7.50 **A Wild Year** (R)
8.00 **Springwatch**
9.00 **The Rise and Fall of Michelle Mone**
10.00 **Mortimer & Whitehouse: Gone Fishing** (R)
10.30 **Newsnight; Weather**
11.00 **Unspun World with John Simpson**
11.30 **Lockerbie: Our Story** (R)
12.30AM **Hidden Treasures of the National Trust** (R)
1.30 **Walking with Dinosaurs** (R)
2.20 **Jane Austen: Rise of a Genius** (R)

ITV1

9PM **Genius Game**

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; ITV Regional Weather**
2.00 **James Martin's Midweek Menu**
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Tipping Point** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; ITV Regional Weather**
6.30 **ITV Evening News; Weather**
7.00 **Emmerdale** Ruby has a confession to make.
8.00 **Coronation Street** Abi reacts jealously to Carl and Tracy's flirtation.
9.00 **Genius Game** The five remaining players take on the Main Match Media Moguls game.
10.10 **ITV News; Weather**
10.40 **ITV Regional News; ITV Regional Weather**
10.55 **Peston**
11.50 **Gallagher Premiership Unleashed**
12.15AM **Shop on TV**
3.00 **Street Racing: Caught On Camera – Tonight** (R)
3.25 **The Jonathan Ross Show: Special Guests** (R)
3.50 **Unwind with ITV**
5.05 **James Martin's Midweek Menu** (R)

Channel 4

8PM **Location, Location, Location**

6.25AM **Cheers** (R)
8.10 **The King of Queens** Double bill. (R)
9.10 **Frasier** (R)
11.10 **Celebrity Undercover Boss USA** (R)
12.05PM **Channel 4 News Summary**
12.10 **Help! We Bought a Village** (R)
1.10 **Find It, Fix It, Flog It** From the Isle of Wight. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** Gozo, Malta. (R)
4.00 **Narrow Escapes**
5.00 **Chateau DIY** (R)
6.00 **A New Life in the Sun: Where Are They Now?**
7.00 **Channel 4 News**
8.00 **Location, Location, Location** Searching for homes in Stirling and the outskirts of Glasgow.
9.00 **Britain's Most Expensive Houses**
10.00 **Gogglebox** (R)
11.05 **Johnny Vegas: Carry on Glamping** (R)
12.05AM **Night Coppers** (R)
1.00 **999: On the Front Line** (R)
1.55 FILM **Songbird** (2020)
3.20 **Iris Prize Best British Shorts**
3.45 **Iris Prize Best British Shorts**
3.55 **Devon and Cornwall** (R)
4.50 **Location, Location, Location** (R)
5.45 **Countdown** (R)

5

9PM **Casualty 24/7: Every Second Counts**

6.00AM **Milkshake!** Children's programmes.
9.15 **Jeremy Vine**
11.30 **Storm Huntley with Matt Allwright**
12.30PM **Vanessa**
1.40 **5 News at Lunchtime**
1.45 **Home and Away** (R)
2.15 FILM **The Woman with My Face** (2024) *PREMIERE.*
4.00 **Bargain-Loving Brits in the Sun**
5.00 **5 News at 5**
6.00 **Dogs Behaving (Very) Badly** (R)
6.55 **5 News Update**
7.00 **Fare Dodgers: At War with the Law** (R)
7.55 **5 News Update**
8.00 **Electric Cars: Are They Really Worth It?** Exploring whether buying an electric car is worth it.
9.00 **Casualty 24/7: Every Second Counts** (R)
10.00 **999: Critical Condition** (R)
11.05 **Skin A&E** (R)
12.05AM **Cause of Death** (R)
1.00 **PlayOJO Live Casino Show**
3.00 **Friends** (R)
4.00 **22 Kids & a Wedding** (R)
4.35 **The Wonderful World of Chocolate** (R)
5.30 **Entertainment News on 5**
5.40 **Paw Patrol** (R)
5.50 **Pip and Posy** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Top Gear** 7.00 **The Catch Up** 8.00 **Glow Up: Britain's Next Make-Up Star** 9.00 **Stacey Dooley: Greece, Bust and Broken** 10.00 **Stacey Dooley Investigates: Ireland – Lost and Leaving** 11.00 **The Young Offenders** 11.30 **The Young Offenders** 12.00AM **What It Feels Like for a Girl** 1.30 **Top Gear** 2.35 **My Mate's a Bad Date** 3.00 **The Young Offenders**

ITV2

2.00PM **Ant & Dec's Limitless Win** 3.00 **Hart of Dixie** 4.00 **Gilmore Girls** 5.00 **Dress to Impress** 6.00 **Celebrity Catchphrase** 7.00 **Deal or No Deal** 8.00 **Ant & Dec's Limitless Win** 9.00 **The 1% Club** 10.00 **Plebs** 11.00 **Family Guy** 12.00AM **American Dad!** 1.00 **Bob's Burgers** 2.00 **Plebs** 3.00 **Shopping** 4.30 **Unwind** 5.00 **Shopping** 5.30 **Unwind**

E4

2.00PM **Young Sheldon** 3.00 **Modern Family** 4.00 **Simpsons** 5.00 **Big Bang Theory** 6.30 **Simpsons** 7.00 **Hollyoaks** 7.30 **Simpsons** 8.00 **Below Deck Down Under** 9.00 **Celebrity Gogglebox** 10.00 **First Dates** 11.05 **Gogglebox** 12.05AM **The Big Bang Theory** 1.05 **The Simpsons** 1.35 **Brooklyn Nine-Nine** 2.35 **Goldbergs** 3.30 **Below Deck Down Under**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **David Attenborough's Conquest of the Skies** 9.00 FILM **Hawking: Can You Hear Me?** (2021) 10.45 **A League of Their Own** 11.45 **The Force: North East** 12.40AM **Brit Cops: Rapid Response** 1.35 **Road Wars** 3.00 **SEAL Team**

Sky Witness

2.00PM **FBI** 3.00 **Caught on Dashcam** 5.00 **Caught Red Handed** 5.45 **Caught Red Handed** 6.30 **Nothing to Declare** 8.00 **FBI: Most Wanted** 9.00 **The Equalizer** 10.00 **Fire Country** 11.00 **Bull** 12.00AM **FBI** 1.00 **FBI: Most Wanted** 2.00 **Law & Order: Special Victims Unit** 3.00 **The Good Doctor** 4.00 **Highway Patrol** 5.00 **Stop, Search, Seize**

THURSDAY 5 June

BBC1

5.15PM
Pointless

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Expert Witness** (R)
11.15 **Homes Under the Hammer**
12.15PM **Bargain Hunt** (R)
1.00 **BBC News at One; Weather** including at
1.35 **BBC Regional News; Weather**
2.00 **Doorbell Detectives**
2.30 **Scam Interceptors** (R)
3.00 **Escape to the Country** (R)
3.45 **Garden Rescue** (R)
4.30 **Bridge of Lies**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **EastEnders**
8.00 **Dragons' Den** (R)
9.00 **Ambulance**
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **Question Time**
11.40 **Newscast**
12.10AM **Change Your Mind, Change Your Life with Matt and Emma Willis** (R)
12.55 **Change Your Mind, Change Your Life with Matt and Emma Willis** (R)
1.45 **Who Do You Think You Are?** (R)
2.45 **Weather for the Week Ahead**
2.50 **BBC News**

BBC2

9PM
Marie Antoinette

6.15AM **Homes Under the Hammer** (R)
7.15 **Garden Rescue** (R)
8.00 **Gardeners' World** Jewel garden pots. (R)
9.00 **BBC News**
12.15PM **Politics Live**
1.00 **The Edge** (R)
1.45 **Lightning** (R)
2.15 **Unbeatable** (R)
3.00 **Murder, Mystery and My Family** (R)
3.45 **Meet the Moose Family: Natural World** (R)
4.45 **Villages by the Sea** Parkgate, Cheshire. (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games** (R)
6.30 **Clive Myrie's Italian Road Trip** (R)
7.00 **The Great House Revival** Cameras focus on a derelict cottage in the Burren, Co. Clare.
7.50 **The Fens: A Wild Year** (R)
8.00 **Springwatch**
9.00 **Marie Antoinette**
9.50 **Live at the Apollo Bites** (R)
10.00 **Detectorists** (R)
10.30 **Newsnight; Weather**
11.00 **The Rise and Fall of Michelle Mone** (R)
12.00AM **Iolo's River Valleys** (R)
12.30 **The Power of Parker** (R)
1.00 **Surgeons: At the Edge of Life** (R)
2.00 **Doctor Who** (R)

ITV1

8PM **The British Soap Awards 2025**

6.00AM **Good Morning Britain** Magazine.
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women** The women put the world to rights once more.
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; ITV Regional Weather**
2.00 **James Martin's Midweek Menu**
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Tipping Point** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; ITV Regional Weather**
6.30 **ITV Evening News; Weather**
7.00 **Emmerdale** Tracy gets devastating news from the police.
8.00 **The British Soap Awards 2025** Jane McDonald hosts the ceremony from London's Hackney Empire.
10.00 **ITV News at Ten; Weather**
10.30 **ITV Regional News; ITV Regional Weather**
10.45 FILM **Minority Report** Sci-fi thriller, starring Tom Cruise and Colin Farrell.(2002)
1.05AM **Shop on TV**
3.00 **TikTok: Murder Gone Viral** (R)
3.50 **Unwind with ITV**
5.05 **Jimmy & Shivi's Farmhouse Breakfast** (R)

Channel 4

9PM
Taskmaster

6.25AM **Cheers** (R)
8.10 **The King of Queens** Double bill. (R)
9.10 **Frasier** (R)
11.10 **Undercover Boss USA** (R)
12.05PM **Channel 4 News Summary**
12.10 **Help! We Bought a Village** (R)
1.10 **Find It, Fix It, Flog It** (R)
2.10 **Countdown**
3.00 **A Place in the Sun** Tarragona, Spain. (R)
4.00 **Narrow Escapes**
5.00 **Chateau DIY** (R)
6.00 **A New Life in the Sun: Where Are They Now?**
7.00 **Channel 4 News**
8.00 **Britain Under the Nazis: The Forgotten Occupation**
9.00 **Taskmaster**
10.00 **The Horne Section TV Show** Comedy.
10.30 **The Horne Section TV Show**
11.05 **24 Hours in A&E** (R)
12.05AM **24 Hours in A&E** (R)
1.00 **Ramsay's Kitchen Nightmares USA** (R)
1.50 **Changing Rooms** (R)
2.45 **Dover 24/7: Britain's Busiest Port** (R)
3.40 **Devon and Cornwall** (R)
4.35 **Jamie's One-Pan Wonders** (R)
4.50 **Location, Location, Location** (R)
5.45 **Countdown** (R)

5

8PM
The Yorkshire Vet

6.00AM **Milkshake!** Children's programmes.
9.15 **Jeremy Vine**
11.30 **Storm Huntley with Matt Allwright**
12.30PM **Vanessa**
1.40 **5 News at Lunchtime**
1.45 **Home and Away** (R)
2.15 FILM **An Affair to Die For** (2023)
4.00 **Bargain-Loving Brits in the Sun**
5.00 **5 News at 5**
6.00 **Dogs Behaving (Very) Badly** (R)
6.55 **5 News Update**
7.00 **Summer in the Scilly Isles** (R)
7.55 **5 News Update**
8.00 **The Yorkshire Vet** Matt Smith rushes to save unborn twin calves.
9.00 **Dan Snow & the Lost City** The presenter climbs into the mountains on the trail of the lost city of the Inca, Machu Picchu.
10.30 **A&E After Dark** (R)
11.30 **A Killer Makes a Call** (R)
12.30AM **Car Pound Cops** (R)
1.00 **PlayOJO Live Casino Show**
3.00 **Friends** (R)
4.00 **22 Kids & a Wedding** (R)
4.35 **The Wonderful World of Chocolate** (R)
5.30 **Entertainment News on 5**
5.35 **Paw Patrol** (R)
5.50 **Pip and Posy** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Top Gear** 7.00 **The Catch Up** 8.00 **Gavin & Stacey** 8.30 **Gavin & Stacey** 9.00 **Daddy Issues** 9.30 **Daddy Issues** Gemma bumps into an old flame. 9.55 **Little Simz: Live at the BBC** 10.30 **Suits** 11.10 **Suits** 11.50 **Glow Up: Britain's Next Make-Up Star** 12.50AM **I Kissed a Boy** 1.35 **I Kissed a Boy** 2.25 **Top Gear** 3.25 **The Fast and the Farmer-ish** 3.35 **Daddy Issues**

ITV2

2.00PM **Ant & Dec's Limitless Win** 3.00 **Abbey Clancy: Celebrity Homes** 5.00 **Dress to Impress** 6.00 **Celebrity Catchphrase** 7.00 **Deal or No Deal** 8.00 **Ant & Dec's Limitless Win** 9.00 **The 1% Club** 10.00 **Olivia Attwood: Getting Filthy Rich** 11.05 **Family Guy** 12.05AM **American Dad!** 1.05 **Bob's Burgers** 2.05 **Totally Bonkers Guinness World Records**

E4

2.00PM **Young Sheldon** 3.00 **Modern Family** 4.00 **Simpsons** 5.00 **Big Bang Theory** 6.30 **The Simpsons** 8.00 **Below Deck Down Under** 9.00 **Celebrity Gogglebox** 10.00 **Gogglebox** 11.05 **First Dates** 12.10AM **Big Bang Theory** 1.10 **Rick and Morty** 1.40 **YOLO: Rainbow Trinity** 1.50 **Mike Tyson Mysteries** 2.05 **The Simpsons** 2.50 **Brooklyn Nine-Nine** 3.35 **Below Deck**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **Rob & Romesh vs Strongman** 9.00 **Poker Face** 10.00 FILM **The Girl on the Train** (2016) 12.10AM **Big Zuu and AJ Tracey's Rich Flavours** 1.10 **Curb Your Enthusiasm** 2.30 **Road Wars** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **Motorway Patrol**

Sky Witness

2.00PM **FBI** 3.00 **Caught on Dashcam** 5.00 **Caught Red Handed** 5.45 **Caught Red Handed** 6.30 **Nothing to Declare** 8.00 **FBI: Most Wanted** 9.00 **Law & Order: Special Victims Unit** 10.00 **FBI: International** 11.00 **The Good Doctor** 12.00AM **FBI** 1.00 **Chicago Med** 2.00 **Chicago Fire** 3.00 **Chicago PD** 4.00 **Highway Patrol** 5.00 **Stop, Search, Seize**

6 June FRIDAY

BBC1

8.30PM **Alison Hammond's Big...**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Expert Witness** (R)
11.15 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt**
1.00 **BBC News at One; Weather** including at
1.35 **BBC Regional News; Weather**
2.00 **Doorbell Detectives**
2.30 **Under the Vines**
3.15 **Escape to the Country** (R)
3.45 **Garden Rescue**
4.30 **Bridge of Lies**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show**
7.30 **Lost and Found in the Lakes** (R)
8.00 **Would I Lie to You?** With Greg Davies. (R)
8.30 **Alison Hammond's Big Weekend**
9.00 **Have I Got News for You** Richard Ayoade hosts.
9.30 **The Power of Parker**
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **St Denis Medical** *NEW SERIES.*
11.00 **St Denis Medical**
11.25 FILM **Road House** (1989)
1.15AM **Weather for the Week Ahead**
1.20 **BBC News**

BBC2

8PM **Gardeners' World**

6.15AM **Homes Under the Hammer** (R)
7.15 **Garden Rescue** (R)
8.00 **Anna Haugh's Big Irish Food Tour** (R)
8.30 **Great Continental Railway Journeys** (R)
9.00 **BBC News**
12.30PM **Political Thinking with Nick Robinson**
1.00 **The Edge** (R)
1.45 **Lightning** (R)
2.15 **Unbeatable** (R)
3.00 **Murder, Mystery and My Family** (R)
3.45 **Jaguars: Brazil's Super Cats: Natural World** (R)
4.45 **Villages by the Sea** Laxey, Isle of Man. (R)
5.15 **Flog It!** (R)
6.00 **Richard Osman's House of Games** (R)
6.30 **Clive Myrie's Italian Road Trip** (R)
7.00 **Grand Tours of Scotland's Rivers** (R)
7.30 **Beechgrove Garden**
8.00 **Gardeners' World** The roses start to bloom.
9.00 **Hidden Treasures of the National Trust**
10.00 **Inside No 9** (R)
10.30 **Newsnight; Weather**
11.00 **Cricket: T20 Highlights**
11.30 FILM **All Is True** (2018)
1.10AM **Panorama** (R)
1.40 **Who Do You Think You Are?** (R)
2.40 **Death Valley** (R)

ITV1

9PM **Joanna Lumley's Danube**

6.00AM **Good Morning Britain**
9.00 **Lorraine**
10.00 **This Morning** Celebrity chat and lifestyle features.
12.30PM **ITV Lunchtime News; Weather**
12.50 **ITV Regional News; ITV Regional Weather**
1.00 **ITV Racing Live: The Oaks** From Epsom.
5.00 **The Chase** (R)
6.00 **ITV Regional News; ITV Regional Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** Sarah's birthday is not a happy day.
8.00 **Coronation Street** Eileen decides to accept Jason's offer of a new life in Thailand.
9.00 **Joanna Lumley's Danube** The last leg of Joanna's journey takes her across Romania. Last in the series.
10.00 **ITV News at Ten; Weather**
10.30 **ITV Regional News; ITV Regional Weather**
10.45 FILM **Goldfinger** James Bond adventure, starring Sean Connery. (1964)
12.55AM **Shop on TV**
3.00 **Mel Giedroyc and Martin Clunes Explore Britain by the Book** (R)
3.50 **Unwind with ITV**
5.05 **Katie Piper's Weekend Escape** (R)

Channel 4

9PM **Celebrity Gogglebox**

6.25AM **Cheers** (R)
8.10 **The King of Queens** Double bill. (R)
9.10 **Frasier** (R)
11.10 **Undercover Boss USA** (R)
12.05PM **Channel 4 News Summary**
12.10 **Help! We Bought a Village** (R)
1.10 **Find It, Fix It, Flog It** In Suffolk. (R)
2.10 **Countdown**
3.00 **A Place in the Sun** A home in Majorca. (R)
4.00 **Narrow Escapes**
5.00 **Chateau DIY** (R)
6.00 **A New Life in the Sun: Where Are They Now?**
7.00 **Channel 4 News**
8.00 **Millionaire Hoarders** Katie Ridges helps a woman whose collection of clothes has taken over her home.
9.00 **Celebrity Gogglebox** *NEW SERIES.* Famous faces appraise the week's tv.
10.00 **Open House: The Great Sex Experiment**
11.05 **Jon Richardson: Old Man Tour** (R)
12.05AM FILM **Plan B** (2021)
1.55 **Ramsay's Kitchen Nightmares USA** (R)
2.45 **Come Dine with Me** A week of dinner parties in in Milton Keynes (R)
5.05 **Location, Location, Location** (R)

5

8PM **Cruising with Susan Calman**

6.00AM **Milkshake!**
9.15 **Jeremy Vine**
11.30 **Storm Huntley and Guests**
12.30PM **Vanessa**
1.40 **5 News at Lunchtime**
1.45 **Home and Away** (R)
2.15 FILM **The Stalker** (2022)
4.00 **Bargain-Loving Brits in the Sun**
5.00 **5 News at 5**
6.00 **Dogs Behaving (Very) Badly** (R)
6.55 **5 News Update**
7.00 **Sicily: Jewel of the Med** Cameras focus on the largest island in the Mediterranean.
7.55 **5 News Update**
8.00 **Cruising with Susan Calman** In the first of a two-part visit to New Zealand, Susan explores the South Island.
9.00 **Live Boxing: Kelly vs Biea** Josh Kelly v Flavius Biea.
11.05 **Electric Cars: Are They Really Worth It?** (R)
12.05AM **Police Interceptors** (R)
1.00 **Live Casino Show**
3.00 **22 Kids & a Baby** (R)
3.55 **22 Kids & Counting** (R)
4.35 **The Wonderful World of Chocolate** (R)
5.30 **Entertainment News on 5**
5.35 **Paw Patrol** (R)
5.50 **Pip and Posy** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **My Mate's a Bad Date** 7.00 **The Catch Up** 7.30 **Match of the Day Live** Wales v Liechtenstein (Kick-off 7.45pm). 10.00 **Freddie Flintoff: Field of Dreams on Tour** 11.00 **What It Feels Like for a Girl** 11.45 **What It Feels Like for a Girl** 12.30AM **Glow Up: Britain's Next Make-Up Star** 1.30 **Daddy Issues** 2.00 **Daddy Issues** 2.25 **I Kissed a Boy** 3.10 **I Kissed a Boy**

ITV2

2.00PM **Ant & Dec's Limitless Win** 3.00 **Abbey Clancy: Celebrity Homes** 5.00 **Dress to Impress** 6.00 **Celebrity Catchphrase** 7.00 **Deal or No Deal** 8.00 **Ant & Dec's Limitless Win** 9.00 FILM **Baywatch** (2017) 11.20 **Family Guy** 11.55 **Family Guy** 12.25AM **American Dad!** 1.25 **Bob's Burgers** 2.20 **Guinness World Records** 2.45 **Unwind with ITV** 3.00 **Shopping**

E4

2.00PM **Young Sheldon** 3.00 **Modern Family** 4.00 **Simpsons** 5.00 **Big Bang Theory** 6.30 **The Simpsons** 8.00 **Below Deck Down Under** 9.00 FILM **American Pie** (1999) 10.55 **Naked Attraction** 11.55 **Big Bang Theory** 12.55 **Simpsons** 1.25AM **Brooklyn Nine-Nine** 2.25 **The Goldbergs** 2.55 **Modern Family** 3.20 **Below Deck Down Under** 4.15 **Kitchen Nightmares USA**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 9.00 **And Just Like That** 10.00 **Rose Matafeo: On and On and On** 11.15 **Sex and the City** 11.55 **Sex and the City** 12.35AM **The Force: North East** 1.35 **Brit Cops: Rapid Response** 2.30 **Road Wars** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **Motorway Patrol**

Sky Witness

2.00PM **Customs UK** 3.00 **Caught on Dashcam** 5.00 **Caught Red Handed** 6.30 **Nothing to Declare** 8.00 **Chicago Med** 9.00 **Chicago Fire** 10.00 **Chicago PD** Burgess is put to the test. 11.00 **Bull** 12.00AM **FBI** 1.00 **FBI: Most Wanted** 2.00 **The Good Doctor** 3.00 **The Cleaning Lady** 4.00 **Highway Patrol** 4.30 **Highway Patrol** 5.00 **Stop, Search, Seize**

SATURDAY 7 June

BBC1

9.30PM
The Last Anniversary

6.00AM **Breakfast**
10.00 **Saturday Kitchen Live** Matt Tebbutt is joined by chefs Julius Roberts and Poppy O'Toole.
11.30 **Great Food Guys** (R)
12.00PM **Homes Under the Hammer** (R)
1.00 **BBC News; Weather**
1.15 **Bargain Hunt** (R)
2.00 **Live Challenge Cup Rugby League**
5.30 **BBC News**
5.40 **BBC Regional News; Weather**
5.50 **Celebrity Bridge of Lies**
6.35 **The Hit List**
7.20 **Pointless Celebrities**
8.05 **Blankety Blank** Panellists include Jenny Eclair, Jon Richardson and Tom Allen.
8.40 **Casualty** Rida faces her worst nightmare.
9.30 **The Last Anniversary** Sophie and Veronika plan to establish the identity of Enigma's father.
10.20 **BBC News; Weather**
10.40 **Mrs Brown's Boys** Agnes speed-dates. (R)
11.10 **Doctor Who: Unleashed: 20 Years in Wales** Behind the scenes on the sci-fi series. (R)
12.10AM FILM **BlacKkKlansman** Fact-based drama. (2018)
2.20 **Weather for the Week Ahead**
2.25 **BBC News**

BBC2

8.40PM
Billy Joel at the BBC

6.25AM **Hey Duggee** (R)
6.30 **Mojo Swoptops** (R)
6.45 **Super Happy Magic Forest** (R)
6.55 **Grizzy and the Lemmings** (R)
7.15 **Pokémon Horizons: The Search for Laqua** (R)
7.35 **Bro's in Control** (R)
7.50 **Operation Ouch!** (R)
8.20 **Blue Peter** (R)
8.45 **Newsround**
8.55 **Gardeners' World** (R)
9.55 FILM **The Tommy Steele Story** Musical biopic. (1957)
11.15 **Rugby League: Women's Challenge Cup Final** St Helens v Wigan Warriors (Kick-off 11.45).
2.00PM FILM **I Know Where I'm Going!** Romantic drama. (1945)
3.35 **Meerkats: Secrets of an Animal Superstar** (R)
4.30 **Flog It!** (R)
5.10 **Hidden Treasures of the National Trust** (R)
6.10 **Jane Austen: Rise of a Genius** (R)
7.10 **Scandinavia with Simon Reeve** (R)
8.10 **Dad's Army** (R)
8.40 **Billy Joel at the BBC**
9.55 **Billy Joel: The 100th Live at Madison Square Garden**
11.55 **Billy Joel: Old Grey Whistle Test** (R)
12.45AM FILM **Purple Rain** (1984)
2.30 **The Bombing of Pan Am 103** (R)

ITV1

7.20PM **Deal or No Deal for Soccer Aid**

6.00AM **Love Your Garden** (R)
6.30 **Love Your Weekend with Alan Titchmarsh** (R)
8.25 **Jimmy & Shivi's Farmhouse Breakfast**
9.25 **ITV News**
9.30 **ITV Racing: The Opening Show – Derby Day Special**
10.30 **James Martin's Saturday Morning**
12.30PM **ITV News; Weather**
12.45 **ITV Racing Live: The Derby**
4.15 **European Qualifier**
7.20 **Deal or No Deal for Soccer Aid** Alex Brooker takes on the Banker in a charity edition.
8.20 **The 1% Club for Soccer Aid** Lee Mack hosts a special charity edition of the quiz.
9.25 **It'll Be Alright on the Night** Out-takes from Strictly Come Dancing, Blankety Blank and Coronation Street. (R)
10.15 **ITV News; Weather**
10.30 **Fake** Joe reunites with his girlfriend Kirsty.
11.20 FILM **Road to Perdition** Gangster drama. (2002)
1.30AM **Shop on TV**
3.00 **Dame Maggie Smith: A Celebration** (R)
3.50 **Unwind with ITV**
5.00 **Gary Barlow's Food and Wine Tour: Australia** (R)

Channel 4

6.05PM **George Clarke's Old House, New Home**

6.00AM **Cheers** (R)
7.55 **Frasier** (R)
9.20 **The Simpsons** (R)
11.20 **Come Dine with Me: The Professionals** (R)
12.20PM **Four in a Bed** (R)
12.55 **Four in a Bed** (R)
1.25 **Four in a Bed** (R)
1.55 **Four in a Bed** (R)
2.30 **Four in a Bed** (R)
3.00 **A Place in the Sun** (R)
4.00 **Grand Designs** (R)
5.00 **Kirstie and Phil's Love It or List It** (R)
6.05 **George Clarke's Old House, New Home** (R)
7.00 **Channel 4 News**
7.30 **World's Greatest Train Journeys from Above** (R)
8.30 **Secrets of Flying Scotsman** How Flying Scotsman found a new life as a heritage attraction.
9.30 FILM **Memory** (2022) *PREMIERE*. Thriller, starring Liam Neeson and Guy Pearce.
11.45 FILM **Transformers: Age of Extinction** (2014)
2.35AM **The Horne Section TV Show** (R)
3.00 **The Horne Section TV Show** (R)
3.25 **The Simpsons** (R)
3.50 **The Simpsons** (R)
4.15 **The Simpsons** (R)
4.40 **The Simpsons** (R)
5.05 **Escape to the Chateau** (R)
5.10 **Location, Location, Location** (R)

Channel 5

9.20PM **Meghan vs Kate: The Meeting That...**

6.00AM **Milkshake!** Children's programmes.
8.55 **SpongeBob SquarePants**
9.05 **Entertainment News on 5**
9.10 **Bargain-Loving Brits in the Sun** (R)
1.05PM **Dogs Behaving (Very) Badly** (R)
2.05 **Dogs Behaving (Very) Badly** (R)
3.05 **Dogs Behaving (Very) Badly** (R)
4.05 **Dogs Behaving (Very) Badly** (R)
5.00 **Fawlty Towers: A Very British Comedy** (R)
6.25 **5 News Weekend**
6.30 **Gatcombe Park: A Royal Residence** (R)
7.50 **Royal Residences: A Map of Britain**
9.20 **Meghan vs Kate: The Meeting That Changed the Monarchy**
10.50 **1983: Those Were the Days** (R)
12.45AM **Entertainment News on 5**
1.00 **PlayOJO Live Casino Show**
3.00 **A Country Life for Half the Price with Kate Humble** (R)
3.50 **Motorhoming with Merton & Webster** (R)
4.40 **The Wonderful World of Chocolate** (R)
5.30 **Entertainment News on 5**
5.40 **Paw Patrol** (R)
5.50 **Pip and Posy** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Doctor Who: Unleashed – 20 Years in Wales** 8.00 **EastEnders** 8.30 **EastEnders** 9.00 **Alison Hammond's Big Weekend** 9.30 **Two Pints of Lager and a Packet of Crisps** 11.00 **I Kissed a Boy** 12.35AM **Glow Up: Britain's Next Make-Up Star** 1.35 **Doctor Who: Unleashed – 20 Years in Wales** 2.35 **Two Pints of Lager and a Packet of Crisps**

ITV2

12.40PM **The Masked Singer US** 2.30 **Celebrity Catchphrase** 3.35 FILM **The SpongeBob SquarePants Movie** (2004) 5.20 FILM **Shrek the Third** (2007) 7.15 FILM **Men in Black II** (2002) 9.00 **Love Island: A Decade of Love** 10.30 **Family Guy** 11.30 **American Dad!** 12.35AM **Bob's Burgers** 12.55 **Iain Stirling's CelebAbility** 1.45 **Guinness World Records**

E4

2.00PM **Big Bang Theory** 4.00 **Simpsons** 4.30 **The Simpsons** 5.00 **The Simpsons** 5.30 **The Simpsons** 6.00 **The Simpsons** 6.30 **The Simpsons** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **The Simpsons** 8.30 **The Simpsons** 9.00 **Celebrity Gogglebox** 10.00 **Gogglebox** 11.05 **Gogglebox** 12.05AM **First Dates** 2.10 **Gogglebox** 4.05 **Hotel Hell**

Sky Showcase

2.00PM **The Simpsons** 3.00 **David Attenborough's Wild City** 4.00 **David Attenborough's Wild City** 5.00 **Discovered by Disaster** 6.00 **Mysteries from Above** 7.00 **Live Fight Night** 11.00 **Poker Face** 12.00AM **The Office (US)** 12.30 **The Office (US)** 1.00 **The Office (US)** 1.30 **The Office (US)** 2.00 **The Force: North East** 3.00 **Road Wars** 4.00 **Nothing to Declare**

Sky Witness

2.00PM **Nothing to Declare** 6.00 **Nothing to Declare** 6.30 **Nothing to Declare** 7.00 **Nothing to Declare** 7.30 **Nothing to Declare** 8.00 **Nothing to Declare** 8.30 **Nothing to Declare** 9.00 **Elsbeth** The attorney uncovers plans for a heist. 10.00 **The Equalizer** 11.00 **Blue Bloods** 12.00AM **FBI: Most Wanted** 1.00 **The Good Doctor** 2.00 **Nothing to Declare**

8 June SUNDAY

BBC1

8.20PM
Death Valley

6.00AM **Breakfast**
9.00 **Sunday with Laura Kuenssberg**
10.00 **Politics England**
10.30 **A Celebration for Pentecost**
11.30 **Homes Under the Hammer** (R)
12.30PM **Bargain Hunt** (R)
1.00 **BBC News**
1.10 **Weather for the Week Ahead**
1.15 **Songs of Praise**
1.50 **Points of View**
2.05 **Walking with Dinosaurs** (R)
2.55 **Zog** (R)
3.20 **Zog and the Flying Doctors** (R)
3.45 FILM **The Secret Life of Pets 2** Animated sequel. (2019)
5.05 **BBC News**
5.20 **BBC Regional News; Weather**
5.30 **Countryfile**
6.30 **Walking with Dinosaurs**
7.20 **Antiques Roadshow** From Morayshire. (R)
8.20 **Death Valley**
9.00 **The Gold** *NEW SERIES*. Crime drama.
10.00 **BBC News; Weather**
10.25 **BBC Regional News; Weather**
10.30 FILM **Four Weddings and a Funeral** (1994)
12.20AM **Weather for the Week Ahead**
12.25 **BBC News**

BBC2

6.30PM **Amazing Hotels: Life Beyond the Lobby**

6.20AM **A to Z of TV Gardening** (R)
7.05 **Countryfile** (R)
8.00 **Beechgrove Garden** The herb garden. (R)
8.30 **Weatherman Walking: The Welsh Coast**
9.00 **Landward**
9.30 **Saturday Kitchen Best Bites**
11.00 **Mary Berry** (R)
11.30 **This Farming Life** (R)
12.30PM FILM **This Beautiful Fantastic** Drama. (2016)
2.00 FILM **Julius Caesar** (1953)
4.00 **Rome's Invisible City** (R)
5.00 **Clive Myrie's Italian Road Trip** (R)
5.30 **Race Across the World** (R)
6.30 **Amazing Hotels: Life Beyond the Lobby** (R)
7.30 **Top Gear: India Special** (R)
9.00 **Mel Brooks: Unwrapped – Imagine** (R)
10.15 **David Bowie: Cracked Actor** (R)
11.10 **Salman Rushdie: Through a Glass Darkly** (R)
12.15AM **Diana Athill: Growing Old Disgracefully – Imagine** (R)
1.15 **Tom Stoppard: A Charmed Life – Imagine** (R)
2.50 **Ella Fitzgerald at Ronnie Scott's** (R)
3.35 **Ella Fitzgerald's Other Show** (R)
4.15 **Question Time** (R)

ITV1

6.30PM **The 1% Club for Soccer Aid**

6.00AM **In for a Penny** (R)
6.30 **James Martin's Saturday Morning** (R)
8.25 **Katie Piper's Weekend Escape**
9.25 **ITV News**
9.30 **Love Your Weekend with Alan Titchmarsh** (R)
11.25 **Jeremy Pang's Hong Kong Kitchen**
12.25PM **ITV News; Weather**
12.40 **Alan Titchmarsh's Gardening Club** Camilla Bassett-Smith explores a historic Scottish palace and gardens. (R)
1.40 FILM **Jumanji** Fantasy. (1995)
3.40 FILM **You Only Live Twice** (1967)
6.00 **ITV News; Weather**
6.15 **ITV Regional News; ITV Regional Weather**
6.30 **The 1% Club for Soccer Aid** Lee Mack hosts a special charity edition of the quiz. (R)
7.30 **UEFA Nations League Final** Coverage of the showpiece match (Kick-off 8.00pm).
10.30 **ITV News; Weather**
10.50 **Love Island: A Decade of Love** Memorable contestants from the past decade of the show reunite. (R)
12.15AM **Shop on TV**
3.00 **Motorsport UK** (R)
3.50 **Unwind with ITV**
5.05 **Jeremy Pang's Hong Kong Kitchen** (R)

Channel 4

10.55PM
A Time to Kill

6.05AM **Cheers** (R)
8.00 **Frasier** (R)
8.55 **Bake Off: The Professionals** (R)
10.00 **Sunday Brunch**
1.00PM **The Simpsons** (R)
1.30 **The Simpsons** (R)
2.00 **The Simpsons** (R)
2.30 **The Simpsons** (R)
3.00 **Four in a Bed** (R)
3.30 **Four in a Bed** (R)
4.00 **Four in a Bed** (R)
4.30 **Four in a Bed** (R)
5.00 **Four in a Bed** (R)
5.30 **Stacey Solomon's Renovation Rescue** (R)
6.30 **Channel 4 News**
7.00 **The Great Celebrity Bake Off for Stand Up to Cancer** (R)
8.00 **Our Yorkshire Shop: A Victorian Restoration** *NEW SERIES*. Exploring plans to restore a grocer's shop in Masham.
9.00 **Our Guy in Vietnam** Guy Martin explores fields and factories.
10.00 **The Handmaid's Tale** June hides in an unexpected place.
10.55 FILM **A Time to Kill** (1996)
1.35AM **Ramsay's Kitchen Nightmares USA** (R)
2.25 **Iris Prize Best British Shorts**
2.55 **Sunday Brunch Best Bits** (R)
3.00 **The Simpsons** (R)
4.50 **Location, Location, Location** (R)
5.45 **Countdown** (R)

Channel 5

9PM
Cause of Death

6.00AM **Milkshake!** Children's programmes.
8.55 **SpongeBob SquarePants**
9.05 **Entertainment News on 5**
9.10 **22 Kids & Counting** Triple bill. (R)
12.10PM **Million Pound Motorhomes** (R)
1.00 **Million Pound Motorhomes** (R)
2.00 **Live Cricket**
6.30 **5 News Weekend**
6.35 **70s & 80s Kitchen: Everything We Loved & Lost** (R)
8.00 **Summer in the Scilly Isles** Divers explore the wreck of a 17th-century ship. Last in the series.
9.00 **Cause of Death** A missing man is found dead deep in local woods. (R)
10.00 **Police: Suspect No 1** A man is found badly beaten at the roadside. (R)
11.05 **The Killing Spree: Hunting Joanne Dennehy** The story of the notorious female serial killer. (R)
12.35AM **999: Police Hour of Duty** (R)
1.30 **Car Pound Cops** (R)
2.00 **PlayOJO Live Casino Show**
4.00 **Friends** (R)
4.45 **The Wonderful World of Chocolate** (R)
5.30 **Entertainment News on 5**
5.35 **Paw Patrol** (R)
5.50 **Pip and Posy** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **EastEnders** 7.30 **EastEnders** 8.00 **Dubai Hustle** 8.30 **Dubai Hustle** 9.00 **I Kissed a Boy** 9.50 **Love, Victor** 10.20 **Love, Victor** 10.50 **Bad Education** 11.20 **Glow Up: Britain's Next Make-Up Star** 12.20AM **Dubai Hustle** 12.50 **Dubai Hustle** 1.20 **Bad Education** 1.50 **Donkey** 2.05 **I Kissed a Boy** 2.55 **Doctor Who: Unleashed – 20 Years in Wales**

ITV2

1.55PM **Celebrity Wheel of Fortune** 3.00 **Celebrity Catchphrase** 4.00 FILM **Casper** (1995) 6.05 FILM **Men in Black 3** (2012) 8.10 FILM **Legally Blonde** (2001) 10.05 **Family Guy** 10.35 **Family Guy** 11.05 **Family Guy** 11.35 **American Dad!** 12.3AM5 **Bob's Burgers** 1.05 **CelebAbility** 1.50 **Count Abdulla** 2.20 **Unwind** 3.00 **Shopping** 4.30 **Unwind** 5.00 **Shopping**

E4

2.00PM **Big Bang Theory** 3.00 FILM **Shrek Forever After** (2010) 4.50 FILM **The Simpsons Movie** (2007) 6.35 **The Simpsons** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **The Simpsons** 8.30 **The Simpsons** 9.00 **Rick and Morty** 10.00 **Gogglebox** 12.05AM **First Dates** 1.10 **Naked Attraction** 2.15 **Hotel Hell** 3.05 **Gogglebox** 4.00 **Goldbergs** 4.25 **Hollyoaks Omnibus**

Sky Showcase

2.00PM **Live International T20 Cricket** 6.30 **Soaring to Life: The Making of How to Train Your Dragon** 7.00 **The Simpsons** 7.30 **The Simpsons** 8.00 **David Attenborough's Conquest of the Skies** 9.00 FILM **Beverly Hills Cop** (1984) 11.00 **And Just Like That** 12.00AM **Brassic** 1.00 **The Force: North East** 2.00 **Road Wars** 4.00 **Nothing to Declare**

Sky Witness

2.00PM **Nothing to Declare** 6.00 **Nothing to Declare** 8.00 **Caught on Dashcam** 9.00 **Fire Country** The team band together with other firefighters as they respond to a plane crash. 10.00 **The Rookie** John continues the hunt for two escaped inmates. 11.00 **FBI: International** 12.00AM **Bull** 1.00 **Chicago Fire** 2.00 **Elsbeth** 3.00 **Good Doctor** 4.00 **Nothing to Declare**

PICTURES: *GETTY*

MONDAY 9 June

BBC1

4.30PM **Bridge of Lies**

6.00AM **Breakfast**
9.30 **Morning Live**
10.45 **Expert Witness** (R)
11.15 **Homes Under the Hammer** (R)
12.15PM **Bargain Hunt**
1.00 **BBC News at One; Weather** including at 1.35 **BBC Regional News; Weather**
2.00 **Money for Nothing** (R)
2.45 **Escape to the Country** (R)
3.45 **Garden Rescue**
4.30 **Bridge of Lies**
5.15 **Pointless** (R)
6.00 **BBC News at Six; Weather**
6.30 **BBC Regional News; Weather**
7.00 **The One Show** Alex Jones and Roman Kemp present topical stories and celebrity chat.
7.30 **Match of the Day Live** Belgium v Wales (Kick-off 7.45pm).
10.00 **BBC News at Ten**
10.30 **BBC Regional News; Weather**
10.40 **Have I Got a Bit More News for You** Richard Ayoade hosts an extended episode of the satirical quiz. (R)
11.25 **I Kissed a Boy** It's the final Kiss-Off, and emotions are high. (R)
12.20AM **Pointless Celebrities** (R)
1.05 **Weather for the Week Ahead**
1.10 **BBC News**

BBC2

9PM **Jane Austen: Rise of a Genuis**

6.30AM **Bargain Hunt** (R)
7.15 **Garden Rescue** (R)
8.00 **Springwatch** (R)
9.00 **BBC News**
12.15PM **Politics Live** The latest stories from Westminster and beyond.
1.00 **Tennis: Queen's** The HSBC Championships.
4.45 **International Football** Liechtenstein v Scotland (Kick-off 5.00).
7.30 **Richard Osman's House of Games** With Michael Buerk, Kate Humble, Glenn Moore and Thanyia Moore. (R)
8.00 **Springwatch** Chris Packham and Michaela Strachan have all the weekend drama from the cameras.
9.00 **Jane Austen: Rise of a Genius** A look at how Austen was determined to secure her financial future. Last in the series.
10.00 **Upstart Crow** The Taming of the Shrew divides opinion. (R)
10.30 **Newsnight; Weather**
11.00 FILM **The Children Act** Drama, with Emma Thompson, Fionn Whitehead, Stanley Tucci and Jason Watkins. (2017)
12.40AM **Countryfile** (R)
1.35 **Race Across the World** (R)
2.35 **Antiques Roadshow** (R)

ITV1

9PM **Shardlake**

6.00AM **Good Morning Britain** Magazine.
9.00 **Lorraine**
10.00 **This Morning**
12.30PM **Loose Women**
1.30 **ITV Lunchtime News; Weather**
1.55 **ITV Regional News; ITV Regional Weather**
2.00 **Alan Titchmarsh's Gardening Club**
3.00 **Lingo** (R)
3.59 **ITV Regional Weather**
4.00 **Tipping Point** (R)
5.00 **The Chase** (R)
6.00 **ITV Regional News; ITV Regional Weather**
6.30 **ITV Evening News; Weather**
7.30 **Emmerdale** John is questioned by the police.
8.00 **Coronation Street** Brody complains about Kit's harassment.
9.00 **Shardlake** *NEW SERIES.* Mystery, starring Arthur Hughes. In 1536, idealistic lawyer Matthew Shardlake investigates a death at a monastery.
10.00 **ITV News at Ten; Weather**
10.30 **ITV Regional News; ITV Regional Weather**
10.45 **Love Island** A new batch of singles prepare for the Summer of a lifetime. (R)
12.05AM **Shop on TV**
3.00 **Unwind with ITV**
4.15 **The British Soap Awards 2025** (R)

Channel 4

10PM **BETH**

6.25AM **Cheers** (R)
8.10 **The King of Queens** Double bill. (R)
9.10 **Frasier** (R)
11.10 **Ramsay's 24 Hours to Hell and Back** (R)
12.05PM **Channel 4 News**
12.10 **Help! We Bought a Village** (R)
1.10 **Find It, Fix It, Flog It** (R)
2.10 **Countdown**
3.00 **A Place in the Sun** (R)
4.00 **Narrow Escapes** (R)
5.00 **Chateau DIY** (R)
6.00 **A New Life in the Sun: Where Are They Now?** In Almería, boutique hotel owner Ellie has big expansion plans.
7.00 **Channel 4 News**
8.00 **Dover 24/7: Britain's Busiest Port**
9.00 **Jamie's Dyslexia Revolution**
10.00 **BETH**
10.45 **Gogglebox** (R)
11.45 **First Dates** (R)
12.40AM **Ramsay's Kitchen Nightmares USA**
1.30 **Our Guy in Vietnam**
2.25 **Levison Wood: Walking with Orangutans**
3.20 **Travel Man: 48 Hours in Málaga** (R)
3.45 **Sunday Brunch Best Bits** (R)
3.50 **Escape to the Chateau** (R)
4.00 **George Clarke's Amazing Spaces** (R)
4.40 **Hollyoaks Omnibus**
5.45 **Countdown** (R)

5

8PM **Motorway Cops: Catching Britain's...**

6.00AM **Milkshake!** Children's programmes.
9.15 **Jeremy Vine**
11.30 **Storm Huntley with Matt Allwright**
12.30PM **Vanessa**
1.35 **5 News at Lunchtime**
1.45 **Home and Away** (R)
2.15 FILM **Look Who's Stalking** Thriller. (2023)
4.00 **Bargain-Loving Brits in the Sun**
5.00 **5 News at 5**
6.00 **Dogs Behaving (Very) Badly** (R)
6.55 **5 News Update**
7.00 **Traffic Cops** (R)
7.55 **5 News Update**
8.00 **Motorway Cops: Catching Britain's Speeders**
9.00 **Fare Dodgers: At War with the Law**
10.00 **999: Police Hour of Duty** (R)
11.05 **Police: Night Shift 999** (R)
12.05AM **Police Interceptors** (R)
1.00 **PlayOJO Live Casino Show**
3.00 **Friends** (R)
3.25 **Friends** (R)
3.50 **Motorhoming with Merton & Webster** (R)
4.40 **The Wonderful World of Chocolate** (R)
5.30 **Entertainment News on 5**
5.40 **Paw Patrol** (R)
5.50 **Pip and Posy** (R)

SATELLITE, CABLE AND DIGITAL HIGHLIGHTS

BBC3

7.00PM **Top Gear** 7.00 **The Catch Up** 8.00 **Sort Your Life Out with Stacey Solomon** 9.00 FILM **Four Weddings and a Funeral** (1994) 10.55 **What It Feels Like for a Girl** 11.40 **What It Feels Like for a Girl** 12.25AM **Cuckoo** 12.50 **Cuckoo** 1.20 **Angels of the North** 1.50 **Angels of the North** 2.20 **Cuckoo** 2.45 **Zoners** 3.00 **Daddy Issues** 3.30 **Daddy Issues**

ITV2

1.55PM **Only Way Is Essex** 3.00 **Abbey Clancy: Celebrity Homes** 4.00 **Real Housewives of Miami** 5.00 **Real Housewives of Beverly Hills** *NEW SERIES.* 6.00 **Celebrity Catchphrase** 7.00 **Deal or No Deal** 8.00 **Million Dollar Listing: LA** 9.00 **Love Island** *NEW SERIES.* 10.35 **G'wed** 11.10 **Family Guy** 12.10AM **American Dad!** 1.10 **Bob's Burgers** 1.40 **Plebs** 2.10 **G'wed**

E4

2.00PM **Young Sheldon** 3.00 **Modern Family** 4.00 **Simpsons** 5.00 **Big Bang Theory** 6.30 **Simpsons** 7.00 **Hollyoaks** 7.30 **Simpsons** 8.00 **Below Deck Down Under** 9.00 **Gogglebox** 10.00 FILM **American Pie 2** (2001) 12.05AM **Big Bang Theory** 1.05 **Brooklyn Nine-Nine** 2.05 **Goldbergs** 2.55 **Modern Family** 3.20 **Below Deck** 4.10 **Kitchen Nightmares USA**

Sky Showcase

2.00PM **Hawaii Five-0** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **The Simpsons** 6.00 **The Office (US)** 7.00 **The Simpsons** 8.00 **Gladiators** 9.00 FILM **Beverly Hills Cop II** (1987) 11.00 **Last Week Tonight with John Oliver** 11.45 **Curb Your Enthusiasm** 1.05AM **The Force: Manchester** 2.00 **Road Wars** 3.00 **SEAL Team** 4.00 **S.W.A.T** 5.00 **Motorway Patrol**

Sky Witness

2.00PM **Customs UK** 3.00 **Caught on Dashcam** 5.00 **Caught Red Handed** 5.45 **Caught Red Handed** 6.30 **Nothing to Declare** 8.00 **FBI: Most Wanted** 9.00 **Elsbeth** 10.00 **Blue Bloods** 11.00 **Law & Order: Organized Crime** 12.00AM **FBI** 1.00 **FBI: Most Wanted** 2.00 **The Rookie** 3.00 **The Good Doctor** 4.00 **Highway Patrol** Double bill. 5.00 **Stop, Search, Seize**

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I don't need a man... I just want one!

Sofía's back on *America's Got Talent*!

Columbian superstar Sofía Vergara – (who split with Joe Manganiello last year after a decade) – reveals her secrets to looking younger at 52, and how she has no intention of giving into the downside of middle-age! The actress, who has returned to *America's Got Talent*, tells us how she loves working with Simon Cowell and that she's missing Heidi Klum after her exit last season. Sofía also reveals all about the possibility of a *Modern Family* reunion, and the role that has changed people's perception of her as an actress.

How excited are you to be back on the *America's Got Talent* judging panel?
I'm super excited. We have some amazing acts, some incredible talent and, of course, I know it's going to be very emotional. It always is.

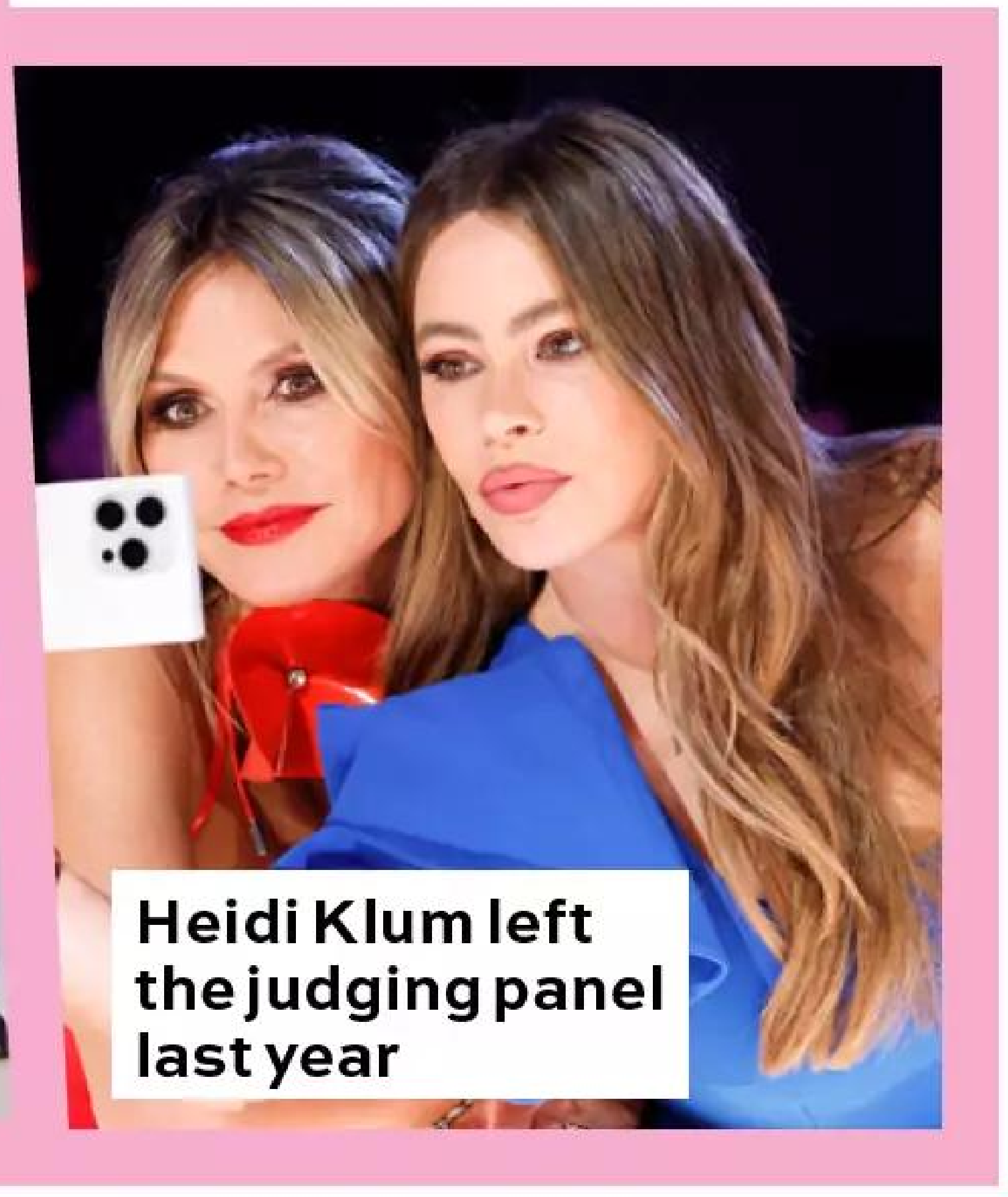
Everyone still loves your character, Gloria, on *Modern Family*! How much do you enjoy just being yourself in front of the cameras?
I loved playing Gloria and everything about Modern Family, of course, but this job has given me the opportunity to be myself. At first, I was scared of judging other people because I'm not an expert in dancing, music, juggling, sword swallowing or anything! Then I realised I could do it because I could be like anyone watching television. You are just saying what you feel. It's great. I'm having the best time. I feel so lucky to have come out of Modern Family and come straight into another amazing show like this. Simon, Howie (fellow judge Howie Mandel) and everyone else involved – are so great to work alongside.

Mel B is back alongside you and Simon as a judge this season. Are you going to miss Heidi Klum, given how close you both are?
Of course, we are in touch. We will always be connected. We are always sending each other pictures and messages. We try to see each other when we can. Heidi is such a strong, beautiful woman with an unbelievable career. I always say that she is like a Latin girl trapped in a tall German model's body because she's always dancing and singing. She has the crazy party energy of a Latin girl (laughs).

How does it feel to press the golden buzzer?
Amazing! And I get to do it two times now. It used to be just once a season. I love that moment!

Did you ever anticipate that you would be this busy after *Modern Family*?
No. After *Modern Family*, I was so scared about what might happen, because what are the odds of an actress finding a job like that again? I had 11 years

The judges are back for the show's 20th series!


Heidi Klum left the judging panel last year

Sofía played a drug baroness in Netflix's *Griselda*

of that magic and that love, so it was very scary when it all came to an end, especially as I thought I would be Gloria for my whole life! So when they proposed to me to do *America's Got Talent*, I was like, 'Me? What do I know about anything?' But I'm so glad that I found another job that I love.

You played a drug baroness in the Netflix mini-series *Griselda*. Do you think that role has helped change people's perception of you as an actress?

I hope so. I am very proud of *Griselda*, and it was a thrill for me to be able to play such a complex and fascinating character. I understood her as a Colombian, as a woman, as a mother and an immigrant. I have always been someone who wanted my own money, my own job and my own things. I don't feel like I need a man. I mean, I want one (laughs) but I don't NEED one. There were a lot of things I had in common with her, but then there were things that challenged me, that I found hard to understand, like hurting people. But it was a wonderful experience for me to become that person and to have such a positive response from people who watched it. I had never acted like that before. It has given me the confidence to do more dramatic roles.

Where did your work ethic and that drive to succeed come from?

From being a single mother and a woman who started in a business. When I started to make money, work and opportunities came to me. You would be ungrateful if life presents you with all these opportunities, and you're like, 'Oh no, I'm not going to do it.'

It's hard to believe you are in your 50's. How are you feeling at this stage of your life and career?

I feel great. I'm in my fifties but I'm fighting. I am not going to let go of who I am. I am going to keep doing what makes me feel good. My culture is like that. - you do your best to do whatever makes you feel good.

What do you do to keep in shape?

I do what I can, when I can, but I am not obsessed with it. I'm lucky that I have never had weight problems because I don't enjoy working out. I do it because I know I have to for health reasons. I work out to feel good and to look good, but I don't do it because I enjoy it. It's a punishment. I'm in a bad mood two hours before and two hours after, because I already know I have to do it again the next day. I do love to dance, but I have the worst knees in the world, so I cannot do anything too much. I'm like an 80-year-old woman!

Finally, this is your 5th season as a judge on *America's Got Talent*. Are we going to be seeing you back for more?

I hope so. I love it. I love the show. I would do this forever if I could!

The Glori(a) days!

Would you ever go back to playing Gloria, for a *Modern Family* spin-off – or another season maybe?

I would love to. I would love to be Gloria again, but I think it's too early to think about anything like that. I would go back and do all 11 seasons again if I could. Modern Family was such a special show. That is why everyone loved it and still loves it, but I don't think there is anything happening to bring us back.

Sofía played Gloria in hit show, *Modern Family*

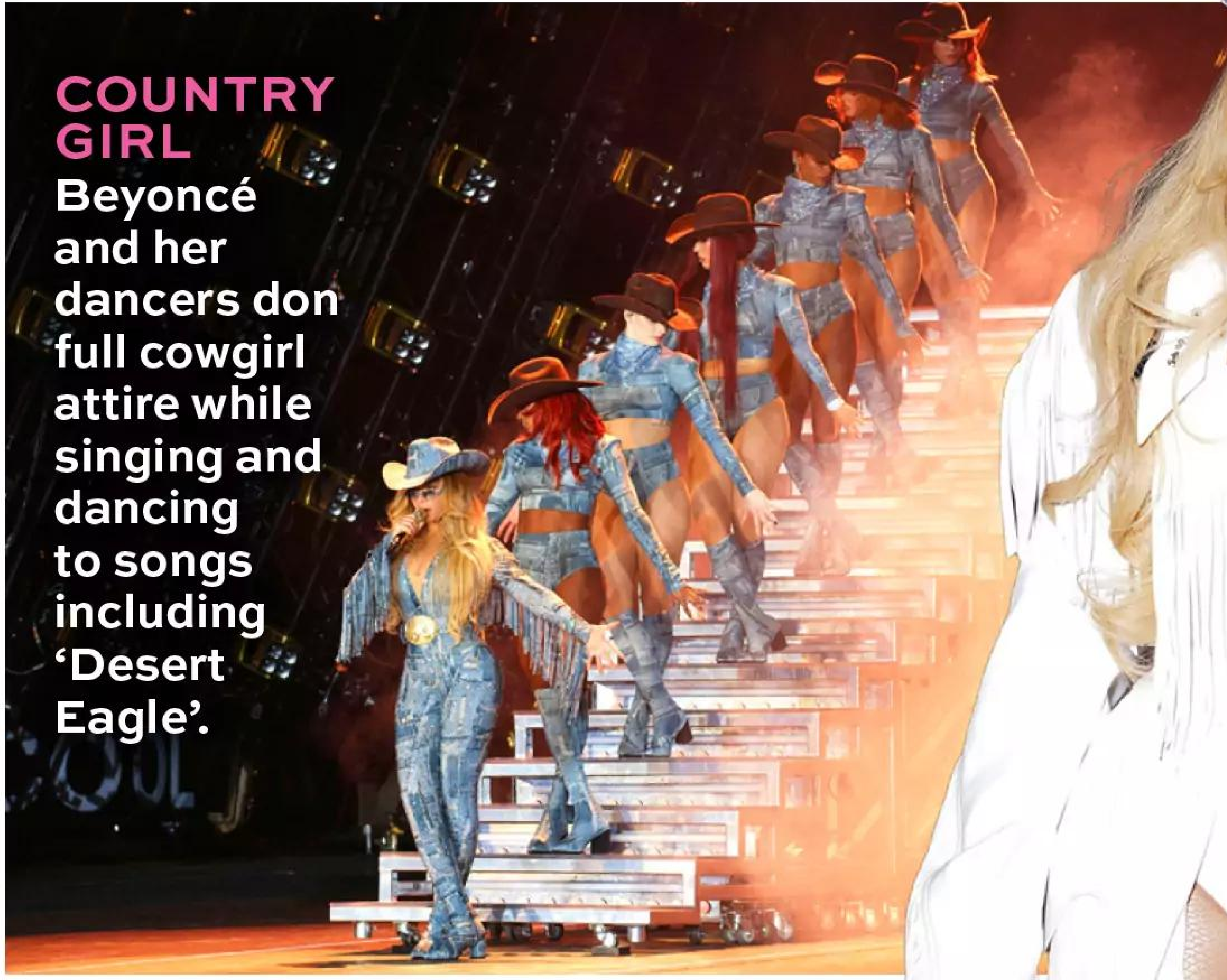
WORDS: *HILARY MORGAN* PICTURES: *GETTY IMAGES, NETFLIX, DISNEY*

COWBOY CARTER tour opens in the UK this week

Beyoncé is back on the road! Here's what you can expect from Queen Bey's big stadium shows...

Beyoncé has shaken up the country music scene and, many say, made it mainstream. No one could have predicted the success of 'Texas Hold 'Em' – and there can't be many people in the world who don't know the words!

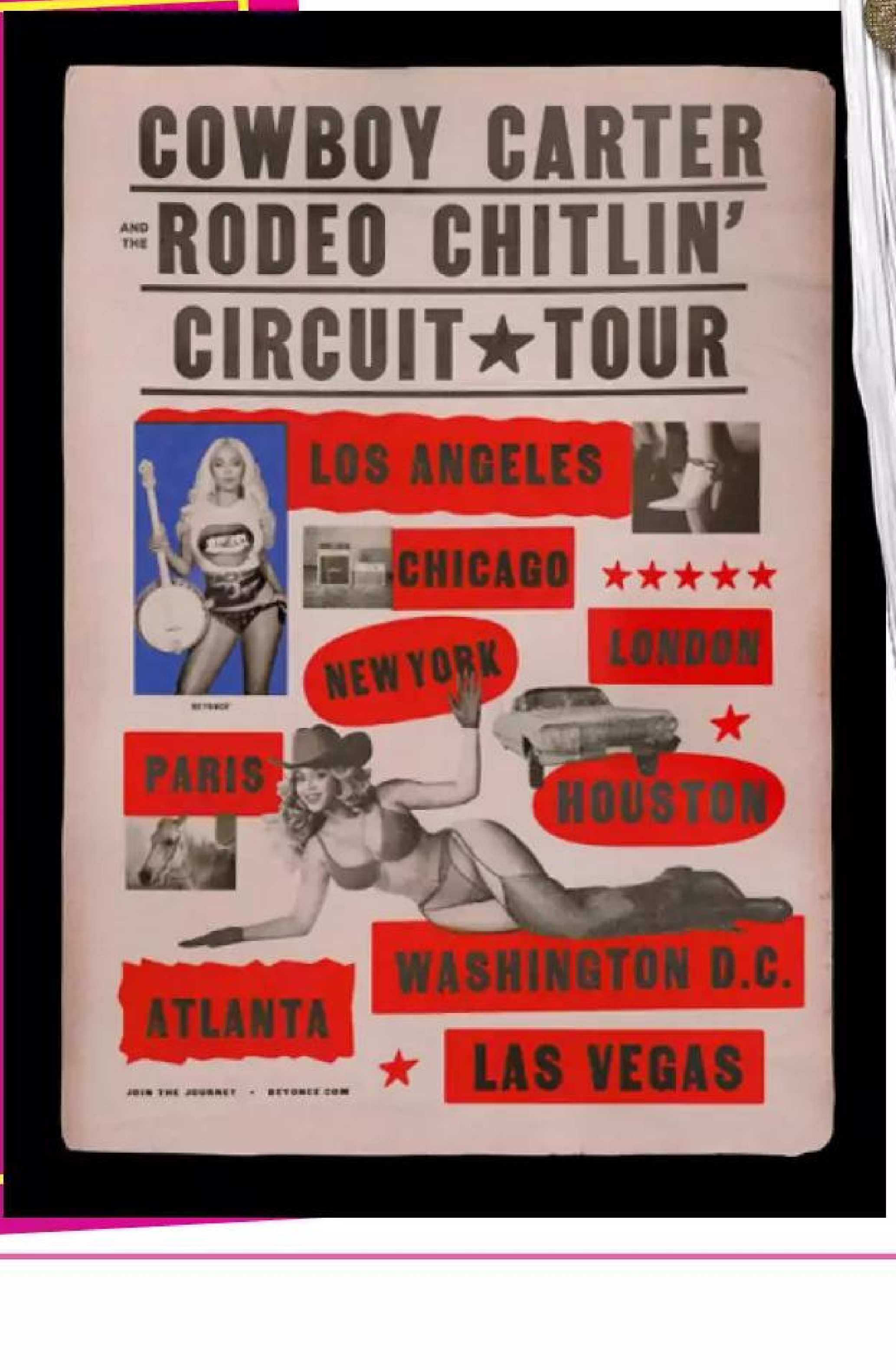
As Queen Bey brings her 'Cowboy Carter' – tour to the UK, we have a peak inside our Living Legends magazine celebrating some of the great female names in music. It's on sale now!



COUNTRY GIRL Beyoncé and her dancers don full cowgirl attire while singing and dancing to songs including 'Desert Eagle'.

What is the Chitlin' Circuit?

During the segregated Jim Crow era, the Chitlin' Circuit was a network of clubs and theatres where Black entertainers were able to perform. It existed from the Thirties to the Sixties and was a lifeline for Black artists who faced exclusion from mainstream, white-owned venues. Beyoncé's use of the term is a deliberate act of acknowledging and celebrating the resilience and creativity of Black entertainers.



COWBOY CARTER
AND THE RODEO CHITLIN'
CIRCUIT★TOUR

LOS ANGELES
CHICAGO
NEW YORK
LONDON
PARIS
HOUSTON
WASHINGTON D.C.
ATLANTA
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TAKING TO THE STAGE

Beyoncé took to her electric-guitar-shaped stage and opened with 'Ameriican Requiem', complete with cowboy hat, country-inspired costume and cowboy boots.

PROUD MUM

Daughters Blue Ivy and Rumi Carter joined mum Beyoncé on stage while she gave a heartfelt performance of 'Protector'. Images of Bey's son Sir were projected onto the screen shortly after the girls left the stage.

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DIVAS
The HITS
The SHOWS
The STYLES
MAKING MUSIC HISTORY
Win! SABRINA TICKETS
Sabrina Carpenter
Taylor Swift
Beyoncé
SADDLE UP! COWBOY CARTER'S IN TOWN...
Olivia Rodrigo
Chappell Roan

ON SALE NOW

SET LIST

The 'Cowboy Carter' set list includes a mix of songs from 'Cowboy Carter' and other Beyoncé albums – along with some covers and interludes – during the 2hr 45 min show.

- Ameriican Requiem
- Blackbiird
- The Star-Spangled Banner
- Freedom
- Ya Ya
- Why Don't You Love Me
- Oh Louisiana
- America Has a Problem
- Spaghettii
- Formation
- My House
- Diva
- Alliigator Tears
- Just For Fun
- Protector
- Flamenco
- Desert Eagle
- Riiverdance
- II Hands II Heaven
- Sweet Honey Buckiin'
- Pure/Honey
- Summer Renaissance
- Jolene
- Daddy Lessons
- Bodyguard
- II Most Wanted
- Cuff It
- Tyrant
- Thique
- All Up in Your Mind
- Levii's Jeans
- Daughter
- I'm That Girl
- Cozy
- Alien Superstar
- Texas Hold 'Em
- Church Girl
- Crazy in Love
- Heated
- Before I Let Go
- 16 Carriages
- Amen

WORDS: *SHYVONNE THOMAS* PICTURES: *JULIAN DAKDOUK VIA PICTUREGROUP/SHUTTERSTOCK, PARKWOOD ENTERTAINMENT*

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Taylor Swift

Beyoncé

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5 to give away

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OPI has launched RapiDry™, a fast-drying nail polish line that delivers smudge-proof colour in just 60 seconds. The vegan formula includes 30 vibrant shades and a 3-in-1 clear coat, designed for quick, high-shine manicures with just one coat. The collection features bold, playful hues in a range of finishes, from glitter to crème, with names inspired by its quick-dry benefits. A redesigned brush and sustainable bottle enhance ease and eco-friendliness. Application is quick and easy – swipe on one coat of colour for a flawless manicure in 60 seconds, with a second coat of colour offering five days of wear. Five lucky winners will win 10 shades from the RapiDry™ collection. For more info, visit OPI.com. To enter, see right.

O·P·I
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ONLINE: Enter online at hearstmagazines.co.uk/best2325a by 1 July 2025.

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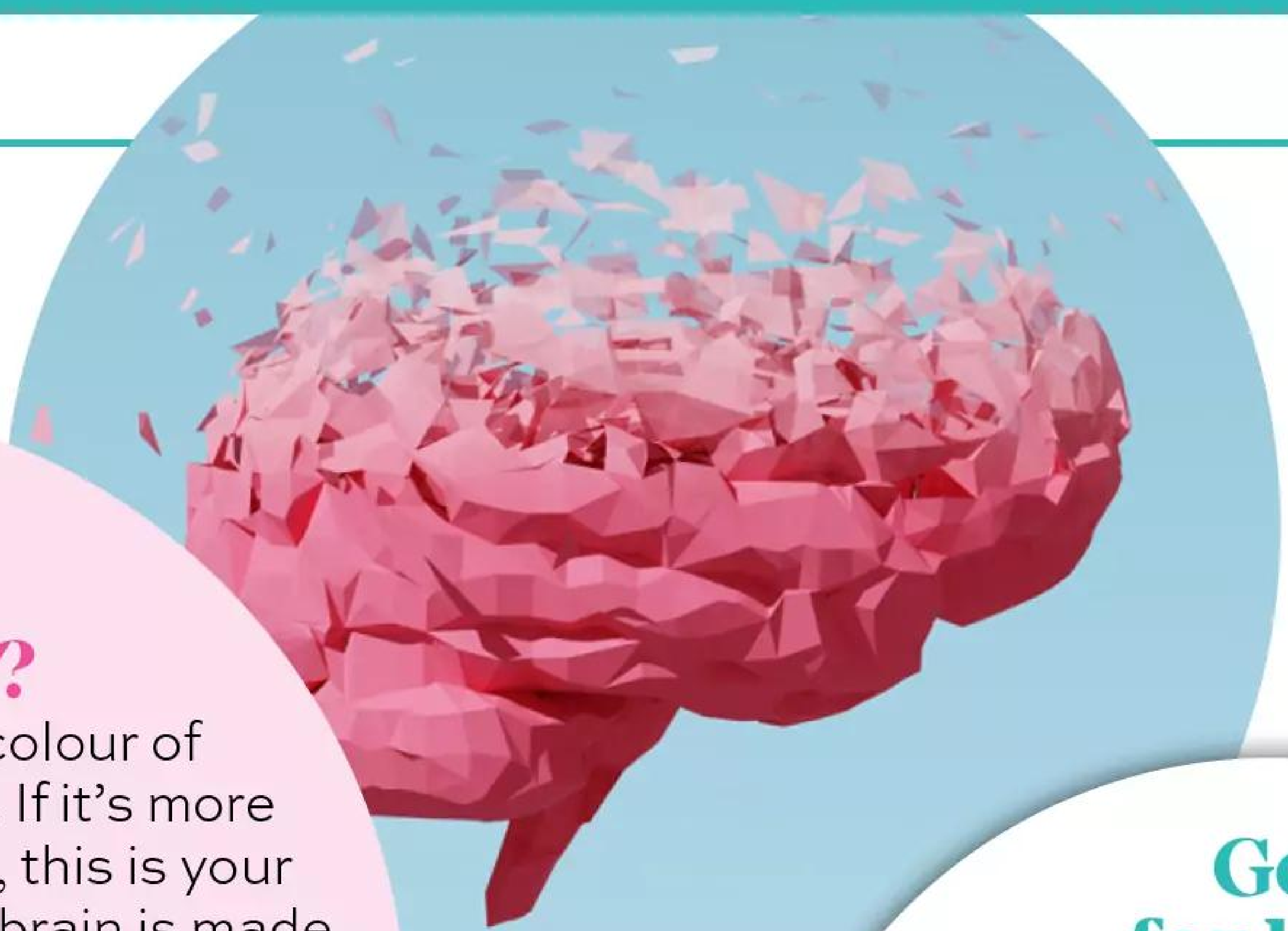
8 smart steps good hydrat

Don't get caught out this summer...



1

Are you dehydrated?

Your urine should be the colour of pale lemonade (pale yellow). If it's more like concentrated apple juice, this is your sign to drink more water. 'Your brain is made up of 75 per cent water,' says Emily Leeming, dietician and author of *Genius Gut* (Michael Joseph). 'If you're not drinking enough, your brain is particularly sensitive to even minor changes in hydration levels. Losing just two per cent of your body's water can affect how well your brain works, which can make you tired, sleepy and unable to concentrate.'

2

Go for h2o

'Two litres a day is a good guide,' says Priya Tew, a specialist dietitian with dietitianuk.co.uk. 'But it doesn't have to be just water. All drinks, apart from alcohol, are hydrating, although some more than others. Herbal and fruit teas, juice, squash, cordials, milk and soft drinks are just as hydrating and help you reach the right levels.'

5

Take time for tea

Hot or cold, teas naturally contain catechins, which are antioxidants linked with a reduced risk of cancer, heart disease or stroke. To sip smarter, try green tea. 'You don't have to drink it hot,' says Emily. 'Add the bag straight into a glass of iced or room-temperature water and it will infuse with flavour and antioxidants.'

6

Eat up

Did you know you can eat your daily water intake? 'Many fruits and vegetables are over 90 per cent water. Try cucumber, tomatoes and watermelon,' says Priya.

Build a hydration station

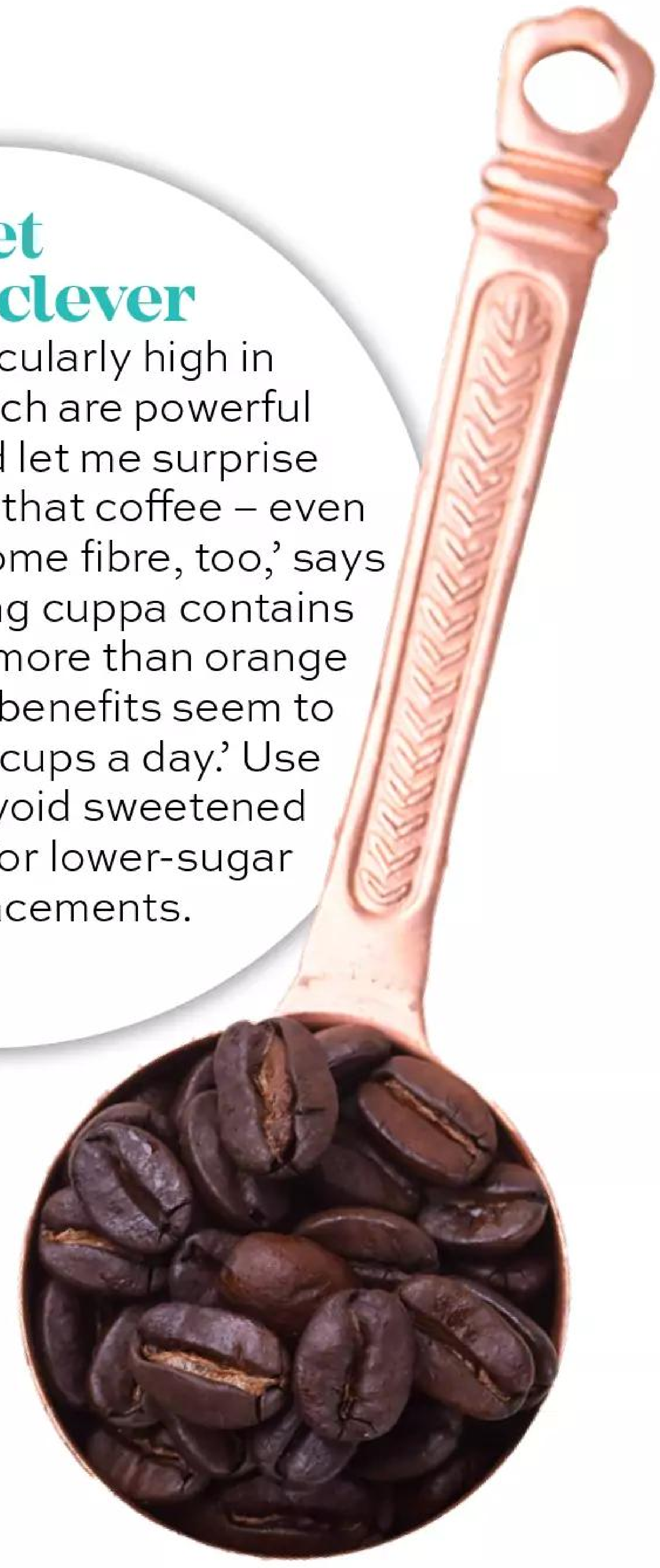
Instead of buying sugary drinks, infuse water with fresh ingredients. Add fresh fruit, veg or herbs to a jug of cold water, infuse for an hour or more in the fridge, and enjoy. 'I have slices of cucumber in my water,' says Priya. 'It's delicious and encourages me to drink more.' Other ideas include slices of orange, lime, grapefruit or lemon; citrus zest; and herbs such as mint or rosemary.

3

4

Get coffee clever

'Coffee is particularly high in polyphenols, which are powerful antioxidants. And let me surprise you – did you know that coffee – even instant – contains some fibre, too,' says Emily. 'Your morning cuppa contains up to 1.8g of fibre, more than orange juice. Most of the benefits seem to be at around two cups a day.' Use skimmed milk, avoid sweetened cream and ask for lower-sugar syrup replacements.



to
tion

Keep an eye on alcohol intake.

Many of us are drinking over the maximum allowance of 14 units of alcohol a week without realising it. With a 750ml bottle of red, white, rose or sparkling wine (ABV 13.5%) containing around 10 units, it's easy to see why our intake can add up. Find out more by using the online calculator at alcoholchange.org.uk, or download the NHS drinks tracker app.

7

8

Sip smarter

Fill your glass with ice and you'll water down the alcohol level. And try the tonic trick – if you're a spirit-and-tonic person, try slimline tonic on its own – you may find it's the quinine in the tonic that's satisfying.

PICTURES: *GETTY*
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RIGHT NOW

To celebrate Slimming World Kitchen's first birthday, new customers can get 20% off orders placed between 8 and 14 June 2025 using code 'Birthday20'

(For T&Cs visit www.slimmingworldkitchen.co.uk)

Win!

A SLIMMING WORLD KITCHEN RECIPE BOX

We've teamed up with Slimming World Kitchen so that you can discover its super-convenient recipe boxes, packed with fresh, filling foods for delicious dinners that make healthy eating easier than ever before. The recipe boxes feature 18 different dishes to choose from each week – for ease, all the ingredients have been measured and portioned, so there's not a bit of waste. They also come with easy-to-follow recipes in a mini magazine. Not only that, but each box we're giving away serves four people and is worth up to £70. To join a local Slimming World group or sign up online for recipes, guidance and support, visit slimmingworld.co.uk or call 0344 897 8000. To enter, see right.

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MEET OUR TESTER

THEO MICHAELS

TV presenter and former *MasterChef* contestant Theo is passionate about good quality food! He's also an author of eight brilliant cookery books including *Canned*, which helps transform store cupboard ingredients into delicious meals. Theo has joined *best* to put own-brand staples to the test to help you find the *best* Essentials without compromising on flavour.

6 PACK
READY SALTED CRISPS
by ASDA
96/100

READY SALTED CRISPS,

£1, Asda

I had to double check this one with our house's chief crisp eater – my nine-year-old son. These actually had a nice potato flavour, perfect crunch and just the right balance of salt without being overpowering – we ate the whole packet...

BRITISH GROWN POTATOES
READY SALTED
by Sainsbury's
6 PACK
95/100

READY SALTED CRISPS

£1, Sainsbury's

Very close second, our chief crisp eater wanted to eat the whole packet (but he hadn't had dinner yet so that was vetoed). Again, satisfying crunch, just the right amount of salt and slight potato flavour coming through.

BEST READY SALTED CRISPS

best essentials

The go-to snack for Brits over the generations, what can be more classic than the humble ready salted crisp? But are they all the same? Ranging from too salty to bland, from thick to thin, Theo puts a selection of six to the test!

6 PACK
SNACKRITE
READY S
93/100

SNACKRITE READY SALTED CRISPS

79p, Aldi

Interestingly, this packet of crisps was noticeably thinner than the rest. This gave way to a slightly more delicate crisp, good 'snap' when biting and overall a decent crisp – if marginally less tasty than the top two. In saying that, it was a good crisp.

SNAKTASTIC
100% BRITISH POTATOES
90/100

SNAKTASTIC READY SALTED CRISPS

85p, Lidl

A solid ready-salted crisp, good sizes in the packet and a nice crunch. Slightly let down by being over-salted which compared to the others was noticeable. If you're serving these to your friends, make sure their drinks are well topped up.

BRITISH POTATOES
Morrisons
READY SALT
90/100

READY SALTED CRISPS

£1, Morrisons

Joint fourth place, these again were nice and crisp, but on the bland side with nothing very notable about them. Did they do the job? Yes, would I go out of my way to buy? Probably not.

TESCO
6 READY SALTED
BRITISH POTATOES
6 PACK
88/100

READY SALTED CRISPS

£1, Tesco

Coming in last, these had a fairly good crunch but were bland, not tasting of much except salt which was overpowering, creating a combination that wasn't overly pleasant.

WORDS: *THEO MICHAELS* PICTURE: *MOWIE KAY*
PRICES CORRECT AT TIME OF GOING TO PRESS, AND ARE SUBJECT TO CHANGE

The hope b

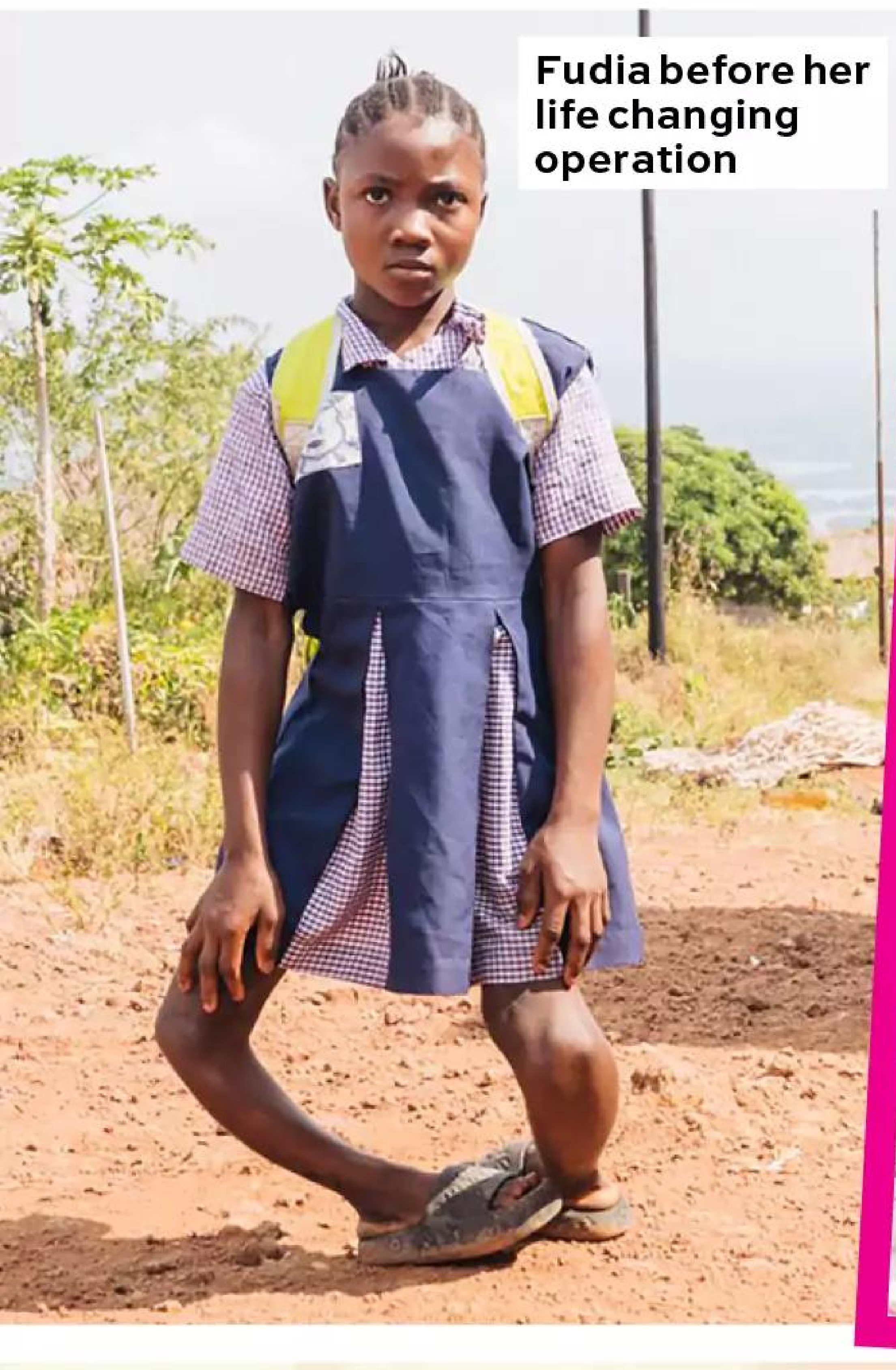
RACHEL BUCKINGHAM takes leave from her job to work aboard a life changing ship…

Every time I board the ship, I feel the same mix of emotions. I can't wait to meet the kids, but I know they'll have been through so much to get there. The orthopaedic ward is always empty and quiet on day one. Slowly, it fills with shy, nervous children. Through a translator, they or their parent or guardian tell me tales of pain and deformity, of not being able to walk to school. And I am there to try and change that…

I knew when I was ten years old that I wanted to be a doctor. I became a consultant paediatric orthopaedic surgeon at Oxford University Hospitals Trust. But since 2019, I've been using my annual leave to volunteer with the international charity Mercy Ships, performing complex life-changing surgery on children with extreme deformities aboard the large floating hospitals.

In countries where kids are often extremely malnourished, their legs can bend and bow severely and, without surgery, the condition worsens as the child grows. I've operated on over 150 children aboard Mercy Ships in Africa now. Most recently, in January 2025, I volunteered for three weeks on the Global Mercy, docked in Sierra Leone.

Over ten months, Global Mercy provides around 1,500 safe, free surgeries before moving along the coast and docking in another country. Mercy Ships are the world's largest non-military floating hospitals, providing free healthcare in the areas of the world where it's most needed.



Fudia before her life changing operation

After her op: Fudia is all smiles

> **THE CHILDREN WE HELP HAVE NO OTHER OPTIONS**

The ship is full of incredible volunteers from over 60 countries, collectively going the extra mile to help those less fortunate. From cooks and translators to doctors and nurses, we need all kinds of volunteers to help the ship run smoothly. We live, eat and work on board, so there's an incredible sense of community.

It's a privilege to be part of the team. We all gain so much, not just the patients, and it's such a great team effort. Every time I see straight legs at the end of an operation, I'm thrilled and witnessing the kids walking with big beaming smiles during their rehab sessions is a joy. The children we help have no other options. Their families are often facing

oat

Many children have had life altering surgery aboard the Mercy Ships

Rachel said that her volunteer work on the ship was rewarding

During her travels, Rachel witnessed the effects of malnourishment.

unjust poverty. The countries they're from don't have the kind of national health service or hospitals and experts we might take for granted here in the UK. There's no other treatment available. I feel a sense of urgency to use my skills to straighten their legs while they are still kids.

They all tell me the same thing. They want to play with their friends. That's why I volunteer. I can help that simple dream come true while also transforming their prospects for the rest of their lives. With their legs straightened, they can walk to school and improve their chances of an education, a job, a career and a future.

I've met many children who need urgent surgery, but ten-year-old Fudia's quiet courage struck me deeply. Growing up in Sierra Leone, her parents died before she was seven and her uncle looked after her. Her legs were severely twisted and bowed, and her feet had turned inward at a 90-degree angle due to Blount's disease, a condition which causes severe leg deformities in young children and adolescents.

Every step was an agonising effort, and she was mocked at school. A hospital in Freetown, the capital of Sierra Leone, advised her uncle to wait for Mercy Ships, so he moved his family to Freetown where they waited for the next ship to arrive, in 2023.

After I performed osteotomies on Fudia, she began to thrive, and now she is 14cm taller and walks with less pain. Her smile says it all. She is happy, she can attend school and look forward to a future with hope.

I'm used to seeing deformities in children, but every now and then I see a particularly bad case and all I think is, I really, really want to help you! When I can, their parents tell me: 'everyone used to laugh at my child. Now they don't.' If I needed any motivation, that would be it. These wonderful kids full of potential get to be, simply, children. There are hundreds more children like Fudia who are still waiting for urgent help.

I'm heading to Madagascar in June to join the Africa Mercy, then I'll return to Sierra Leone in January on the Global Mercy. My three children are grown up now and I know they're proud of me for my volunteering. My youngest, Josh, 24, says I always return home fulfilled.

I feel that my time on Mercy Ships leaves me revitalised. The kids we help don't just transform physically. It's as though the operation unlocks their true personality and allows them to shine. I believe that when you volunteer, you gain as much as you give. We should all volunteer to help others in whatever capacity we can. It does our souls good.

If there's one thing I've learned

'A combination of love and restoration of hope gives more than physical healing: it is life changing.'

● It takes a crew to run a hospital ship. You do not need any medical training. Only 50 per cent of our volunteers are medics. No matter your skills, we have a place for you. To find out how you can volunteer with Mercy Ships, visit: mercyships.org.uk/volunteer

WORDS: *KIM WILLIS* PICTURES: *GETTY, MERCY SHIPS*

best HEROES sponsored by dfs

Our hunt for heroes...

Do you know someone who has gone above and beyond for others? If so, we want to know about them...

From fearless firefighters who risk their lives to do their jobs, to those who raise thousands of pounds for charity, and people who have done something incredible that has turned someone else's life around, there are heroes in all walks of life.

We're looking for the ordinary men and women going to extraordinary lengths to help others. So whether you know a member of the emergency services, someone who has performed a heroic act, a selfless charity fundraiser or someone who has triumphed over the odds, we want to hear about them.

Have they gone the extra mile for charity?

Do they save lives on a daily basis?

Have they gone to great lengths to help others, like Tony Hudgell's mum?

THE *best* HEROES

These people, although they may not think it, are all heroes who have stood firm in the face of adversity. And now, *best* is launching an awards ceremony to honour the heroes in your life.

TO NOMINATE THEM

So, if you know an unsung hero, please write to us at *best* Heroes c/o Features Desk, *best* magazine, Hearst, House of Hearst, 30 Panton Street, London SW1Y 4AJ using the form below or email us at bestheroes@hearst.co.uk

Name:.. **Phone number:**..
Email:..
I would like to nominate:..
For this reason: ....
....
....
....

PICTURES: *BIGSTOCK, GETTY, PA PHOTOS*

5 ways to save up to £1,500 (in just two months!)

Looking to make some cash fast? Then why not check out these fun ideas from Rajan Lakhani, personal finance expert and head of money at Plum...

1 TAKE A HOLIDAY...

We all love our streaming subscriptions, but if yours add up to a hefty sum, why not take a holiday for the Summer months and spend time enjoying the season, being out and about with friends and put what you'd spend into your savings? Then when Autumn and Winter comes round, you'll have a stash of cash to pay for what you want to watch on cosy nights in!

2 ONE PER CENT SPENDING RULE

Other ways to keep you on track with budgeting can include this rule. When a big-ticket item costs more than one per cent of your annual income, take a full 24 hours to think about it before purchasing. Usually, this helps put into perspective just how expensive something is and can deter you from making a regretful purchase.

3 THE 50P CHALLENGE

You might think a 50p won't do much for your savings, but try this challenge to get to £1,189.50 in just two months. All you have to do is put 50p into your savings and increase the amount you save by a further 50p each day. So, on day two, add £1 to your savings, on day three, add £1.50, and so on. If you need holiday spends or money for a late Summer weekend break – go for it!

4 THE £5 TAKEAWAY PENALTY

If you're a bit of a takeaway fiend, then this challenge could be the one for you. Every time you have a takeaway, you fine yourself and put £5 into your savings. If you have one takeaway per week, this can save you £40 across two months. Or if you have two takeaways per week, this can help you save £80 across two months. We all love a takeaway – but this little exercise is a reminder of how much we spend on food treats...

5 £10 FOR A RAINY DAY

We all know you can't predict a British Summer! Promise yourself you will put £10 into your savings every time it rains. Talk about saving for a rainy day – this is saving for spending when the sun comes out! According to data from Statista, last year we had 10 rainy days in June and 12 rainy days in July. So if you tried this in June and July last year, you would have saved £220!

WORDS: *RAJAN LAKHANI* PICTURES: *GETTY*

Katy has always been one to muck in

Katy and her son on a school trip

Katy with Jacky at the local library

How easy is it to volunteer?

The latest wellbeing trend from Norway is about giving back to the community – here, writer Katy Moon spends the week putting volunteering to the test...

My phone flashes with another WhatsApp to alert me that help is needed. Who knew there were so many volunteer groups after extra pairs of hands? Blame my early years as a Brownie, but I am someone who loves to muck in. So when I read about 'Dugnadsånd', a Norwegian concept which loosely translates as 'community spirit', and involves helping out in the community, I want to give it a whirl. After all, according to studies volunteering boosts wellbeing, and may even help you live longer.
With it being Volunteers' Week (2-8 June), I put giving back to the test ...

If there's one thing I've learned

'Volunteering can be good for the soul and for the local community.'

MONDAY
School trip helper

It's an easy win for me today. My six-year-old son has a school trip to London's historic Tower Bridge and I'm called up as a parent volunteer. Despite living in London for 20 years, I've never visited this architectural wonder before.

We arrive at school at 8.30am, nostalgia hits me as I get to sit on a tiny seat in the classroom. I'm given charge of a group of five children, including my boy, who is delighted to have his mum on the trip. To make it fun, I suggest a team group name.

'Roaming Rangers...' I offer. 'We don't need a team name,' the kids say, unimpressed. Noted. After all, it's not a pub quiz.

Helping to get a class of 30 kids safely across London and back is exhausting but fun. On the bus home, I'm mistaken for a teacher. I must have an air of authority!

Feel good factor: Peace. I walk 18,000 steps, and sleep through the night, which is unusual for me.

TUESDAY
Library volunteer

It's estimated that around 500 libraries in the UK are now volunteer run, and my local, Corbett Community Library in Catford is one of them.

Today I'm doing a volunteer session from 9am – 2pm – and I'm excited. In my 20s, I worked at Bath Central Library on Saturdays and it's been some time since I've stamped books. Last week, I secured this role by popping into the library and having a chat with local

Re-shelving books at the library

The school trip was to Tower Bridge

Behind the community cafe's till

legend Jacky, a retired professional librarian who now volunteers. I fill out the form on the spot and Jacky agrees to take me under her wing for two sessions.

I'm given free-flowing cups of tea as she shows me the ropes. I learn how to navigate the computer system to check in and check out books, how to tidy shelves and ways to find lost books. I'm re-introduced to the 'Dewey Decimal System', a library classification system used to order books by subject.

'It's all about cracking the codes,' Jacky says to me, like she's in a spy film.

I get a round of applause when I locate a missing copy of the kids' book *Bunny Vs Monkey*, which has been put on a random shelf.

Feel good factor: Community. I've found my tribe! I enjoy chatting to the other volunteers and feel like one of the gang.

WEDNESDAY
Secret Squirrels

My four-year-old daughter goes to a Squirrels group, which introduces kids aged between four and six to the Scouting movement. The little ones do activities where they can earn badges, play games and get to hang out. The group's volunteer-led, and this week, rather than dropping Margot off at the church hall, I put myself forward as a parent helper.

The Squirrels are working towards their 'Let it Grow' badge so we plant some sunflower seeds and do a sticking activity to show how a seed grows into a flower. It's heartwarming seeing the kids' happy faces. There are games and finally a goodbye song, the hour goes by quickly!

Feel good factor: Gratitude. This experience makes me value the Squirrels leaders who give up their time to do such a great job with the children.

THURSDAY
Another library session

I'm back at the library from 9am-2pm and I've been looking forward to it. I remember Jacky's teachings and am soon serving customers and checking out books.

'You know, my library friends didn't approve of what I was doing,' Jacky confides. 'They thought it would place less importance on the role of qualified librarians and that anyone can do it. But if we don't have volunteers, this library would close. That would be a great shame, because it's not just about the books, it's about the community.' I couldn't agree more.

Feel good factor: Satisfaction. Joy can be found in the little things – making an elderly customer a cup of coffee or letting small kids stamp the books they borrow.

> “JOY CAN BE FOUND IN THE LITTLE THINGS”

FRIDAY
Community hub

A charity close to my heart is our local community center Abbotshall HLC, which I discovered seven years ago as a new mum. I went to the postnatal support group and made friends for life – we'd cry together, laugh and eat cake!

The centre has weekly classes and a bustling cafe, which is open late today so the school kids can have a run around in the community gardens. I am asked to help out in the cafe.

I soon get the hang of the till – although I'd need in-depth training if I'm to master 'Lady Gaggia', the coffee machine.

Today I'm working with Christian, one of the charity's trustees, who happens to be Norwegian, so I ask him about 'Dugnadsånd'.

'Growing up in Norway, "Dugnadsånd" – that spirit of helping out – was a part of everyday life,' he says. 'My parents and family were always involved in the community, so it's something I've carried with me.'

Feel good factor: Contentment. I'm in my happy place behind the till serving the customers.

THE VERDICT

I'm amazed at the volunteer opportunities that are right on my doorstep – and there's so much more I could have done. I manage to fit volunteering around my freelance work looking after my two kids but wouldn't be able to give up this much time every week – roll on retirement. It's been worth it as there have been so many feelgood moments and I've got so much satisfaction out of helping others.

● **More info: volunteersweek.org**

WORDS: KATY MOON PICTURES: *KATY MOON, GETTY*

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This week's guest...

ANN
WIDDECOMBE

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PHOTOGRAPH: *NICKY JOHNSTON*

Ann Widdecombe on that yellow dress, the loves of her life, and why Prince William got it wrong...

She's the no-nonsense politician who captured our heart on *Strictly*, swapping her suit for sequins and searing a truly unforgettable samba into viewers' minds.

The judges didn't hold back, likening her to a Dalek in drag and a Hoover, but typically Ann took it all in her stride, and, tells this week's *Suddenly Single*, she had a fight almost every day.

'I refused false eyelashes. I refused a hairpiece and a spray tan. And I insisted every time I wore a dress on matching knee-length leggings because I knew there would be a wardrobe malfunction. Which, in Blackpool in the yellow dress, there was.' (Some suggested Ann looked like a 'giant duster' as she spun around the floor.)

Ann entered *Strictly* in 2010 after retiring from Parliament, partnered with Anton Du Beke, and went on the tour, dancing with *best* columnist Craig Revel Horwood. 'That was too funny to refuse. I spent five weeks doing a pantomime Charleston up and down the country and in the Irish republic,' she laughed.

While Ann may not have been the best dancer she remains one of the most memorable contestants, not least of all for her no nonsense attitude and good humour (in fact, she made the ed giggle so much, she's given her a column on page 53).

Brought up Anglican, she attended Catholic boarding school, scaring the nuns one night by creeping around dressed up as a ghost.

She converted to Catholicism in 1993. 'I became very disillusioned with the Anglican church,' she explained. 'Never seemed to know what it stood for, always compromised and sacrificed faith to fashion.'

Her faith is one of the biggest loves of her life, along with a fondness for animals – she is patron of various sanctuaries for goats and donkeys – and has no time for modern-day attitudes to stress.

'Stress nowadays is about any small thing. Even Prince William, whom I admire, said that when Charles had to isolate for days during Covid – in rather nice surroundings – it was bad for his mental health!

'Look back at the generation before us.

Ann the genius 'giant duster'

My father was in the Navy and didn't know whether Hitler's bombs had hit my mother's house. My mother didn't know whether torpedoes had hit his ship. She had premature twins – one died and one was briefly paralysed. These are things I call stress.'

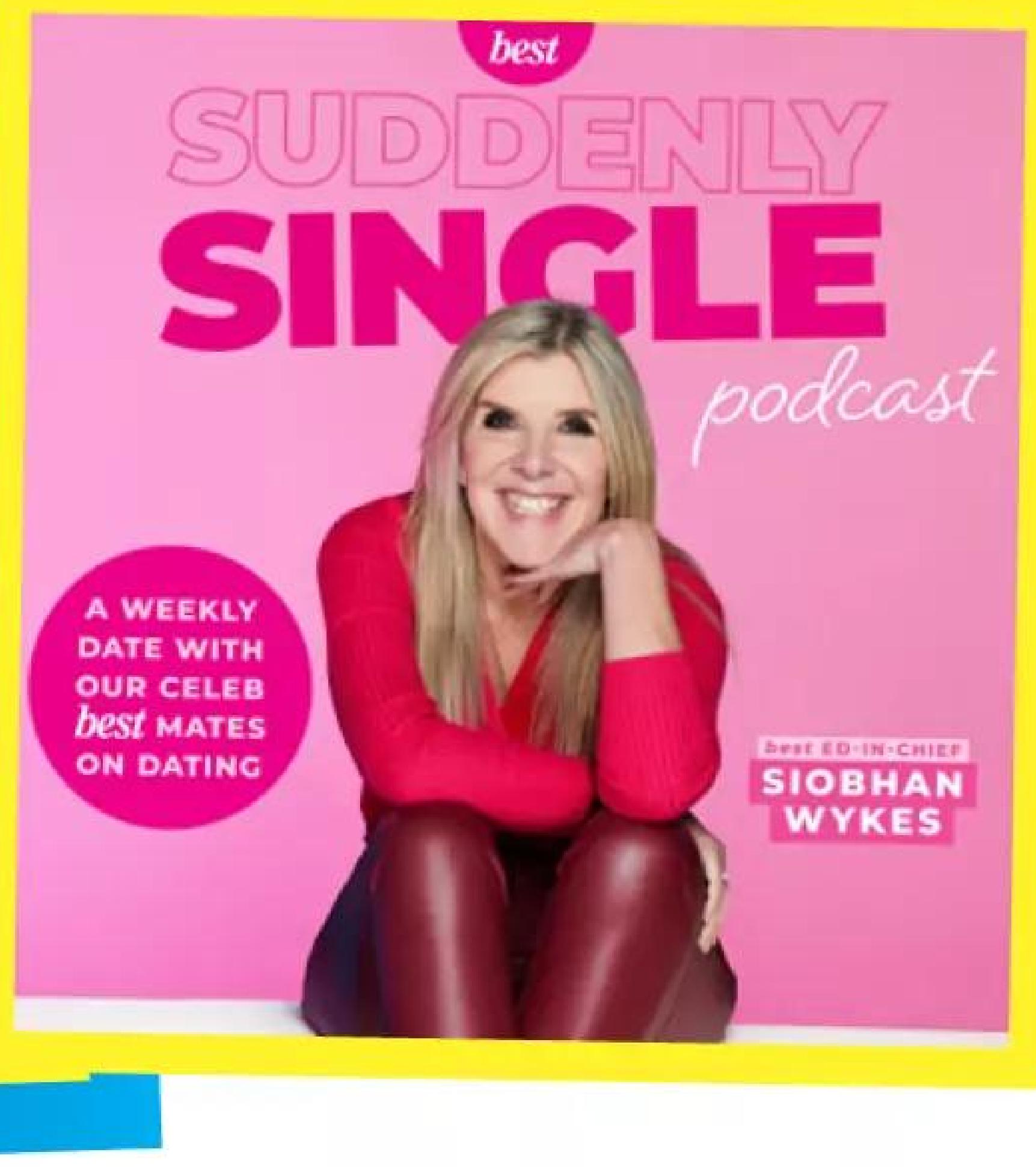
Ann has never married or had children and can't understand why people are interested. 'It's simply not an issue. When I come home at night, I give thanks to the Almighty that there isn't anyone there, except for my cat, Aloysius. He's very jolly company and doesn't ask me what I want for dinner or where I put his socks!'

> 'My cat is very jolly company & doesn't ask where I put his socks!'

Listen to the *best*...

Grab a glass, single or not, and tune in to *Suddenly Single*, this week for a jolly good laugh when ex-prison Minister Ann explains why women really shouldn't write to men on death row...

And while you're there, click the subscribe button, so you don't miss out on any of our upcoming household names. Hosted by Ed-in-Chief Siobhan Wykes, each week, her celeb mates spill the beans on their dating disasters, plus there's expert advice on how to find The One. The podcast is out every Tuesday. Subscribe now to our YouTube channel @best_magazine_uk (it's free) and you can watch/listen on Spotify or wherever you get your podcasts.

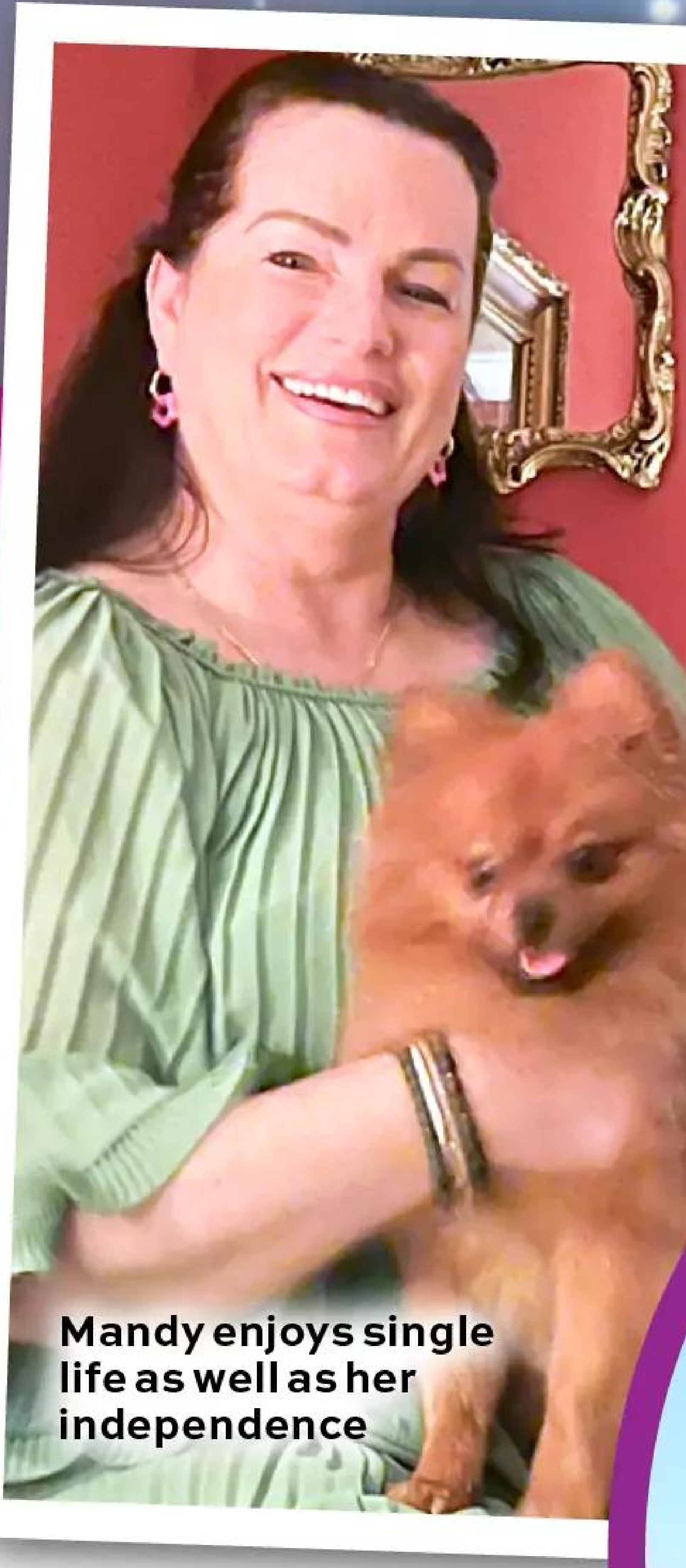


WORDS: NATALIE TAMBINI PICTURES: BBC, NICKY JOHNSTON

Let your past explain your future...

Psychic David is here for *best* readers

Do you believe in the spirit world? *best* columnist and past lives expert David Wells, gave Mandy Stephenson from Cardiff a window into what she might have experienced before.


Mandy enjoys single life as well as her independence

World-renowned past lives expert David Wells answers your questions. This week, he's chosen Mandy Stephenson, 56, a former reflexologist, who lives alone in Cardiff. Here, she tells us what came through in their encounter...

Have you always believed in past lives?

Yes, I've always believed in the spirit world. As a child, I had a lot of strange experiences. My mum used to say I'd talk to myself as a baby, and she'd find the side of my cot down in the morning, things like that. I've always felt quite sensitive to that kind of energy. I wasn't fully convinced about past lives when I was younger, but as I've got older, it makes more sense to me. I believe we're reincarnated to learn lessons and what we do in this life has a way of coming back around.

David predicts love in Mandy's future...

Talk us through your reading with David

David started the reading by explaining he'd gone into the Akashic records and asked for permission to look at my past lives. The first one he saw was me picking tea in India. I had a basket on my head and faded henna on my hands, which meant I'd recently been married.

He said I was around 18 or 19 and seemed happy – laughing and chatting as I worked. But then one day, an invader came into the village and killed me. My husband, who was building a house for us, was so devastated when he found out that he threw himself off the building and died. It was tragic, and I did feel a bit upset hearing it.

The second life David saw was me as an Inuit woman living in a small, close-knit community. I married young, but my husband was killed by a polar bear. Even though I lost him prematurely, I never married again but lived a long life surrounded by children and grandchildren. I became a wise woman in the village, loved and respected by the whole community. Then David told me about a third past life where I was a Russian Cossack. I was a gay man in love with another man. It was a forbidden relationship, and we had to hide it. My partner died in battle, and I died a year later, still heartbroken. That one fascinated me because I've always been drawn to Russian history – Fabergé eggs, architecture and clothes. What struck me most about all three lives was that they were all about deep, meaningful love that ended in tragic loss. David said maybe in this life, I'm learning how to be independent and free in love, observing rather than repeating old patterns. That really resonated because I've never been married or felt truly loved by a partner. I've had boyfriends in the past, but looking back, I don't think they ever really 'saw' me. I've always said I'd never marry unless I was absolutely sure, because if I did and lost that person, I know I'd never marry again.

> **'I've always felt quite sensitive to that kind of energy'**

I've tried online dating, but it's not for me. I'd much rather meet someone naturally, in real life. David did say there could be love coming for me between 56 and

Could Mandy have once lived in India as a tea farmer?

Mandy is thought to have lived as an Inuit woman

60 and with an older man. I'm 56 now, so who knows? But for now, I'm very content in my life.

How did you feel afterwards?

Emotional, especially about the first past life. That story stayed with me. I pictured this young girl, just married, happily picking tea leaves and then suddenly she's killed, and her husband takes his own life in grief. It felt like a tragic love story, and I did get tearful thinking about it. All three lives had elements of loss, but that one really hit me.

The Inuit one made me emotional too, in a different way. Here was a woman who was widowed young but lived a long life surrounded by love and family. Hearing that made me reflect on my own life and the relationships I have – and haven't had. It was sad to face that, but also cathartic.

Did it help?

Yes, the past life reading definitely helped. It made me feel more at peace with where I am in life right now. I know I can sound like a bit of a negative Nancy, but actually, I've come away from it feeling accepting of how things are. It helped me realise that if I don't experience romantic love in this life, that's okay. According to David's reading, I've already had that kind of love before in other lives, and it came with a lot of heartbreak. So maybe this time around, I'm meant to experience love in a different way. Of course, I still get those moments where I think, 'It would be lovely to have a cuddle with someone on the sofa,' especially because I'm a Libran and David explained we do tend to be romantics. But I've come to understand that love doesn't always have to be romantic. I'm genuinely happy with trundling along, spending time with friends and my pets, and enjoying the life I've built. The reading also reminded me that happiness is something you create for yourself. It isn't something you find in another person, and you can't buy it in a shop. Real happiness is something you have to build from within. Something else that stayed with me from the reading was the idea that life is just a constant cycle of learning. You think you've got it all worked out and then along comes another lesson. You do sometimes want to say, 'Can I have a break now, please?' But it's all part of the ride. Even though there's a lot of suffering, there's also growth. I've had some health problems in recent years that made me take stock. I didn't know if I'd survive, and it set me on a spiritual growth journey. When you think you might die, you reflect on everything – your choices, regrets and what really counts. It changed me as a person. I'm not as soft now, I have a lot more love and respect for myself. The reading confirmed I'm exactly where I'm meant to be.

● Let David unlock the secrets of your past. Would you like a past lives reading with David? Email us at askdavid@hearst.co.uk and let us know a little bit about yourself, include a phone number and we may contact you.

● See davidwells.co.uk for more on David's past life courses, mentoring, oracle cards and books.

WORDS: *ELAINE HAYWARD* PICTURES: *GETTY*

Instagram/marthastewart48

COLOUR CO-ORDINATION
Martha captioned this image, ‘Spring cleaning has begun. Glassware, plates, and platters are organised for the season of entertaining.’

Instagram/marthastewart48

ICE ICE BABY
Champagne and flowers, what more could you want?! The simple details of just adding some flowers or petals to your ice bucket is a fabulous trick to have up your sleeve for any upcoming guests!

AT HOME

Unless you’ve been living under a rock this century, most will know the name Martha Stewart for her homemaking skills (as well as serving five months in federal prison in 2004!) Here, we take a look at the home of America’s first lady for all things domestic.

Instagram/marthastewart48

FEELING BLUE
Hydrangeas are always a good idea! appleyardflowers.com are selling them from just £31.99!

Instagram/marthastewart48

THE ULTIMATE HOSTESS
It’s all in the details! The star served a wedge of homegrown blood orange, several ice cubes, and a certain amount of Zubrovka vodka for her guests, in a pink Venetian glass recently. Take note…

WORDS: *DANIELLE SOUTHWOOD* PICTURES: *INSTAGRAM*

Instagram/marthastewart48

GROW YOUR OWN
Whether they're shop-bought or from your own garden (like Martha's tulips are), a bunch of fresh flowers is always going to add colour and vibrance to a room – but there's something about having grown your own that's ultra-satisfying. Don't you think?

Instagram/marthastewart48

ULTRA-VIOLET
We could look at these beautiful lilac flowers in Martha's garden all day!

WITH...

Martha Stewart!

If there's one home we all need some inspo from, it's surely Martha Stewart's!

Instagram/marthastewart48

AFTERNOON TEA
Martha even manages to make her tea breaks look elegant! It's amazing what a little floral arrangement on the table next to your cup of tea can do. Morrisons Market Street Florists is selling its beautiful baby bunches of flowers for £3.49.

Instagram/marthastewart48

TUDOR VIBES
There's something about this room that's screaming King Henry VIII!

Let the wildlif

Help the natural world by caring for your outdoor space

BATHING BLISS

Water provides a breeding place for frogs, toads, newts and dragonflies, plus a drinking and bathing area, while aquatic plants provide nectar. A recycled sink, large pot or deep container can make a good pond. Just add some water plants. Common water crowfoot keeps ponds healthy and provides cover for creatures!

A HEDGE TO HELP

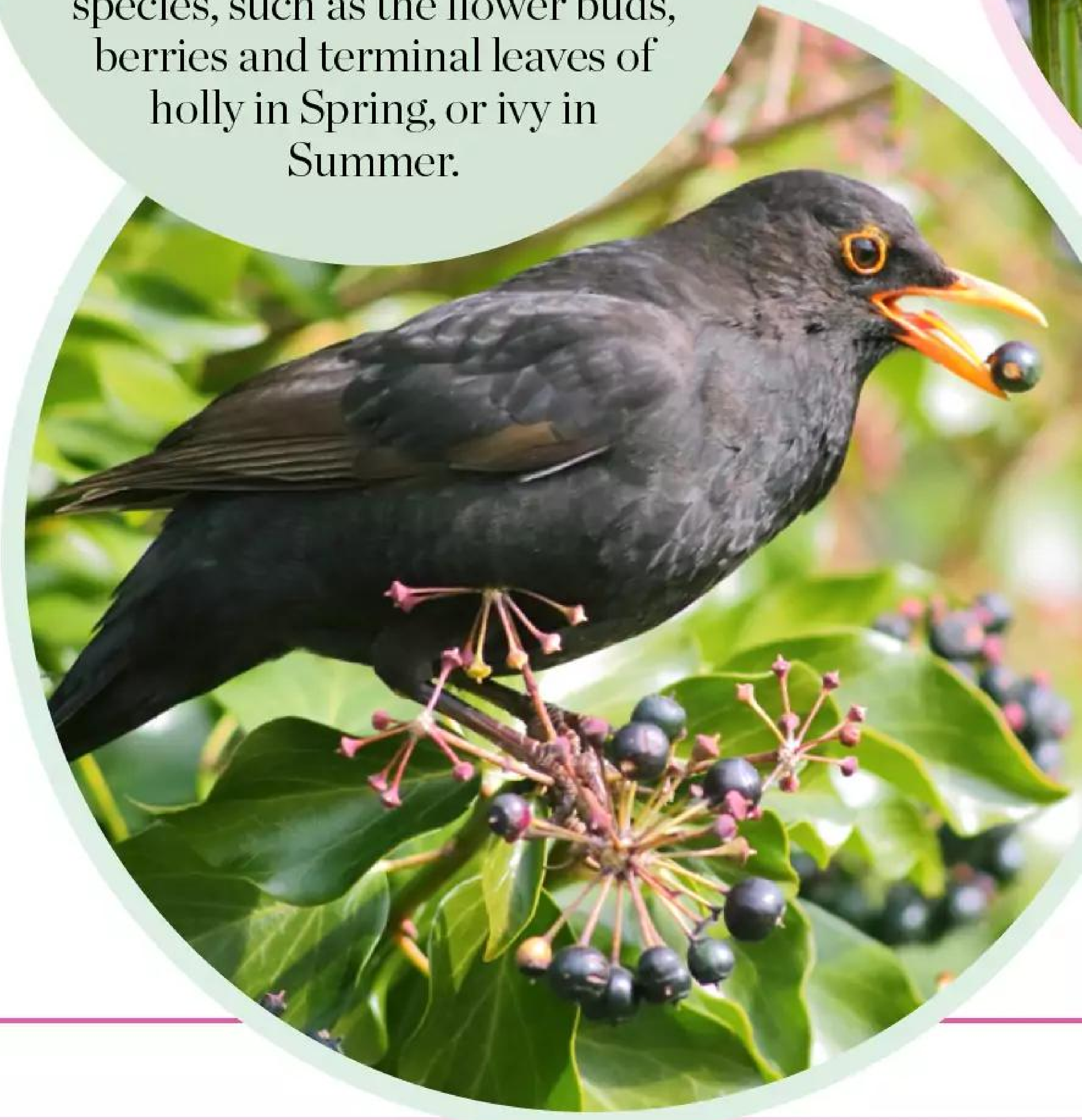
Hedges have a lot to offer, such as cover and nesting sites for birds and small mammals; shelter from the wind, and a habitat for spiders and insects. In smaller gardens, a single shrub, such as Cornus mas, Viburnum opulus or Rosa moyesii planted in a border or large pot will make use of vertical space.

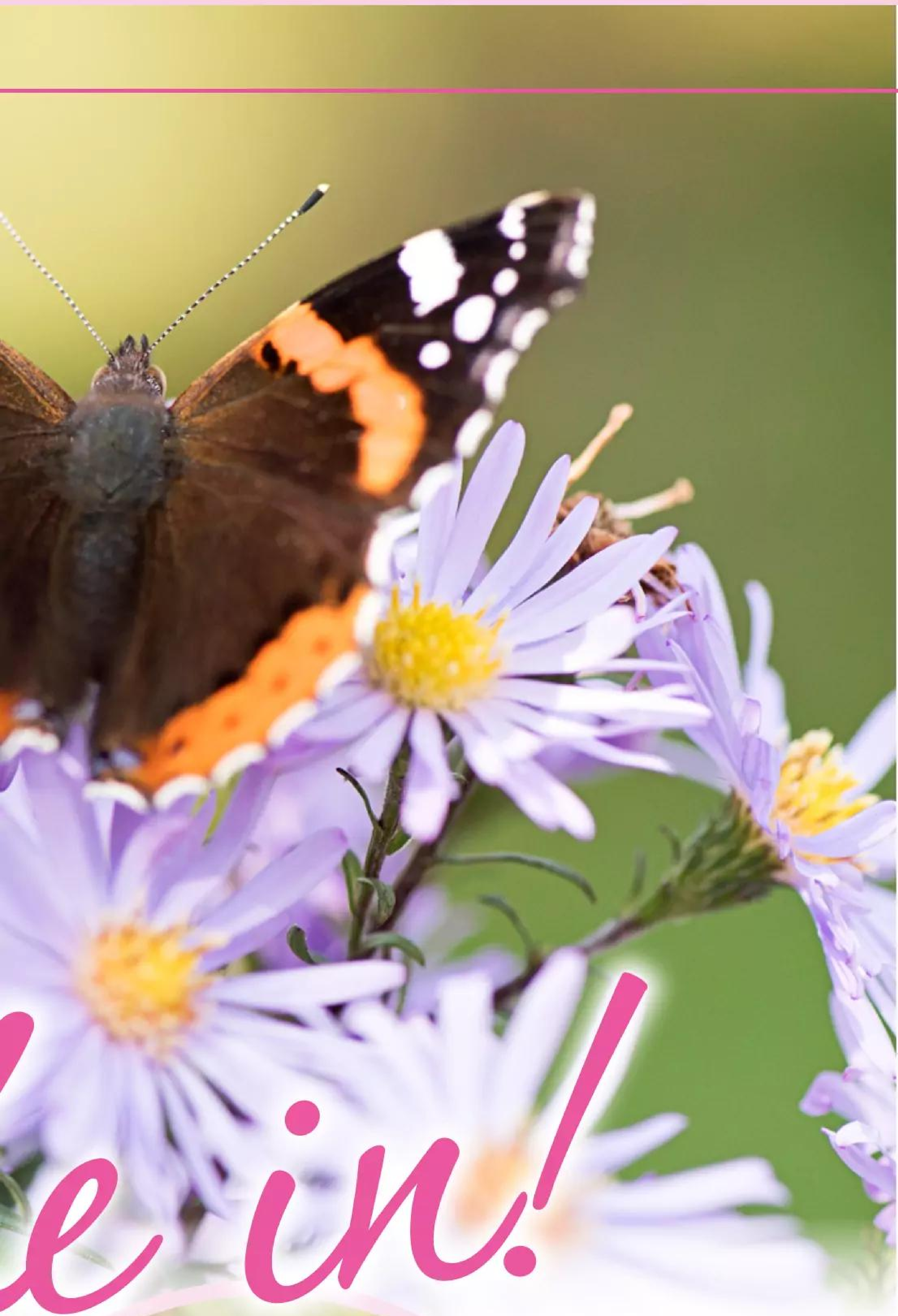
SETTING THE MENU

What you grow in your garden depends on what you'd like to attract. Some plants are necessary to attract animals that have specialist diets. For example, the larvae of most British butterflies will only feed on a small number of native species, such as the flower buds, berries and terminal leaves of holly in Spring, or ivy in Summer.

FLOWER POWER

The more flowers in your garden, the greater the number of bees, hoverflies and pollinating insects it attracts. Have something in flower every month that wildlife can feed upon, especially early or late in the year. Long-flowering plants, such as cosmos, will deliver nectar from early Summer to late Autumn.





DON'T TIDY UP!

Resist the urge to clear up spent blooms as Autumn approaches. Prerennials with seed-rich heads, such as echinacea, phlomis, helenium, fennel, teasel and ornamental grasses, should be left.

PICK YOUR TOOLS

Make the most of every space. Fix wires and trellises to any appropriate vertical surface to support wildlife-friendly climbing plants, such as honeysuckle, jasmine and wisteria. Ivy and Virginia creepers can gallop up a wall or fence unaided and provide an excellent habitat and food source for many creatures.

Helen grows... strawberries

Cut out and keep this guide to help you grow your own

WHAT: You have a choice between buying runners, where the plant is in its infancy, or pot grown, where the plant is more established. Runners are sold in late Summer and early Spring, while pot-grown is available around now.

WHEN: If using runners, plant as soon as you buy them, avoiding cold, wet conditions. For pot-grown, Springtime is perfect.

WHERE: They live happily in pots and even hanging baskets, but make sure it's deep and wide enough (around 15cm) to allow room to grow.

HOW: Fill the base with stones to aid drainage, and fill with compost and manure to encourage healthy growth. Stick to two plants max per pot, as they'll soon start making the most of the space!

WATCH OUT FOR: Slugs, who love to chomp on them! Tie little organza bags around them, or mesh around the whole basket.

HARVEST: When they're bright red all over. Grip at the base of the fruit and gently pull away from the runner.

PICTURES: GETTY, INSTAGRAM

best

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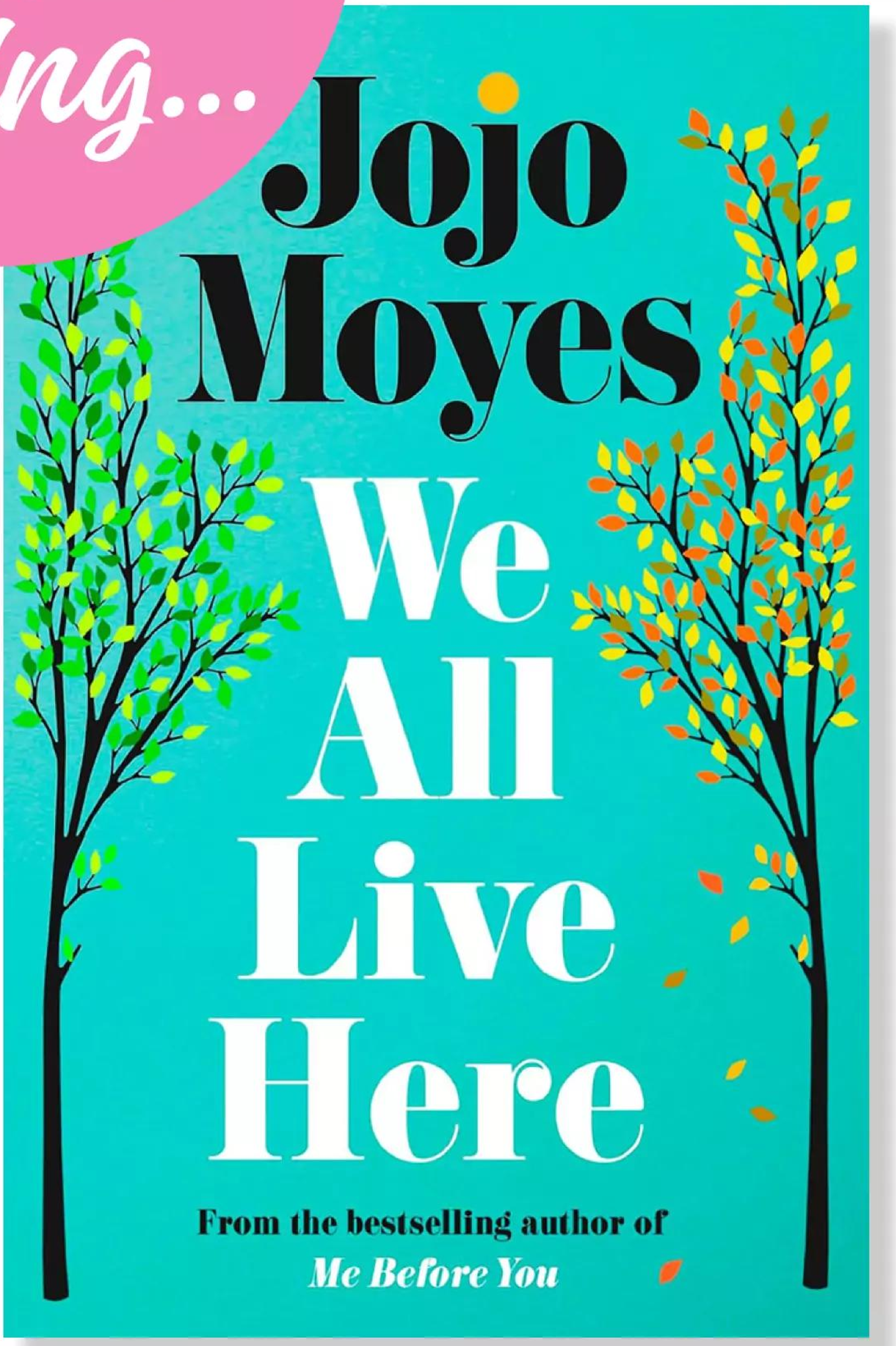


Think funny messy modern family

What is not to love about the woman who gave us *Me Before You*? If you haven't read this heartbreaking book or seen the film, what are you waiting for? It made her a household name.

If you love family drama, Jojo now has a fantastic new novel out and it doesn't disappoint. This story is about a woman on the brink of a breakdown, and is possibly her best novel yet. To say Lila's life is messy is an understatement: She lives in a ramshackle house with her two stroppy daughters and stepdad while trying to keep her career as a writer on track. Then her real dad appears, who she hasn't seen in 35 years...

'This book is comedic, it's a messy modern family and it's about what happens when an extra element is dropped in at a crisis point,' Jojo explained.

The narrative is split between Lila and her daughter.

'Part of this book is about the assumptions we make about other people's behaviour and the truth is, we very rarely have a clue about what is going on... humans believe we are really good at understanding people's motivations and actually we are terrible at it.'

Jojo believes this is true of all families, which is why half the book is told from her daughter's point of view.

Her legions of fans worldwide love her books for their mix of humour and heartbreak, romance and drama and their relatable characters. She isn't afraid to tackle difficult topics like poverty or assisted suicide, but writes about them with the lightest of touches.

We promise, her latest novel will not disappoint.

PICTURE: *GETTY IMAGES* BOOK REVIEW GOOD HOUSEKEEPING

WHY NOT JOIN A BOOK CLUB?

Are you already a member of a book club or are you looking for one?

There are several online groups which means you don't even have to leave your armchair! Hollywood A-lister Reese Witherspoon's is one of the most popular, Reese's Book Club has over 2.5 million followers. Reese says she launched the site: 'to shine a light on stories I found meaningful'. She also talks about how the joy of a good book has the power to 'light us up.' We agree, there's nothing like a good page turner to lose yourself in. You could also check out the Goodreads site, they offer lots of inspiration. Or pop down to your local library and see what they have to offer. We noticed Nottingham City libraries run 'reading socials'... who knows you might make some new pals!

Office crush

BY CHLOE FORD

I arrived at the office on a rainy Monday morning. I shook my long, damp coat off as I entered, that usual aroma of brewing coffee and instant porridge oats overwhelming my senses. I hung my coat on the hook in the corner and took a seat at my desk, tucking my navy dress underneath me. Logging in, I set to work. If somebody asked me what I did, I'd always tell them, 'I'm an office manager'. And usually that was enough to end the discussion. But if they asked, 'And what does that entail?' I would be forced to answer, 'Emails. All day long. I write emails'.

> “I'D HAD A CRUSH ON ANDY SINCE I STARTED THERE SIX YEARS AGO”

I sighed as I began sorting through the overnight website enquiries and either replying or sending them in the direction of the best person to manage them. One email was an enquiry about our servers. I only knew this was an IT term because somebody once called in with the same question and I explained we made our own coffee here and had no need for servers to distribute them. They then went on to explain they meant computer servers and not waiting staff. How was I supposed to know that?

I chewed on my lips as I drafted the forwarding email to Andy, our renowned IT manager. I shuffled in my chair, flicking my red hair behind my shoulder. I'd had a crush on Andy since I started there six years ago, following a messy divorce. There was something about the man that I couldn't seem to shake off. Not only was he the opposite of my ex-husband, soft instead of hard, light instead of dark, but he also wandered around wearing a cloak of calm and positive energy that I wanted to soak into my veins.

I spotted him in the kitchen across the office. He was talking to the sales guy. He did that large laugh, full of humour and warmth, that made my tummy feel lighter, as if I was floating. Andy was tall, wide and had the sort of physique some might describe as cuddly. He had tidy brown hair and melted-chocolate eyes that I wanted to get lost in. I'd imagined lounging across his large frame whilst watching *Strictly Come Dancing* on a Saturday night before.

And I'd told him all of this in letter form. Not that he'd ever received them. I wrote to him almost every day, saving the files on my OneDrive on my work computer. I'd told him about the holidays I'd like to go on with him, long drives to the Lake Distract with his big, enveloping hand clasped in mine. Saturday mornings at the local café, joking about sharing one of those massive slices of cake they serve but instead getting one each and feeling quite guilty about it after.

That day, I couldn't help myself. I opened a new Word document and started typing.

Dear Andy,
I missed you over the weekend. I know we hardly talk unless we meet by chance in the kitchen and that you likely think I'm a bit strange. I promise that's only because I become flustered around you. I never know what to say. You're such a confident person. You walk straight over and ask lively questions about my day. I never know how to respond because the honest answer (and I want to be honest with you) is that I'm terribly bored. But you see, I don't want you to think I'm boring.

I am boring. And that breaks my heart.

I've become boring to protect my sad little heart. I want to be fun. I want to be the sort of woman I used to be and go to live gigs and do yoga on the beach. I want to go open water wild swimming again on Boxing Day and skinny dipping on the nudist beach. I miss popping out at midnight to stock up on ice cream and eat it all in the car between kisses and... Other things.

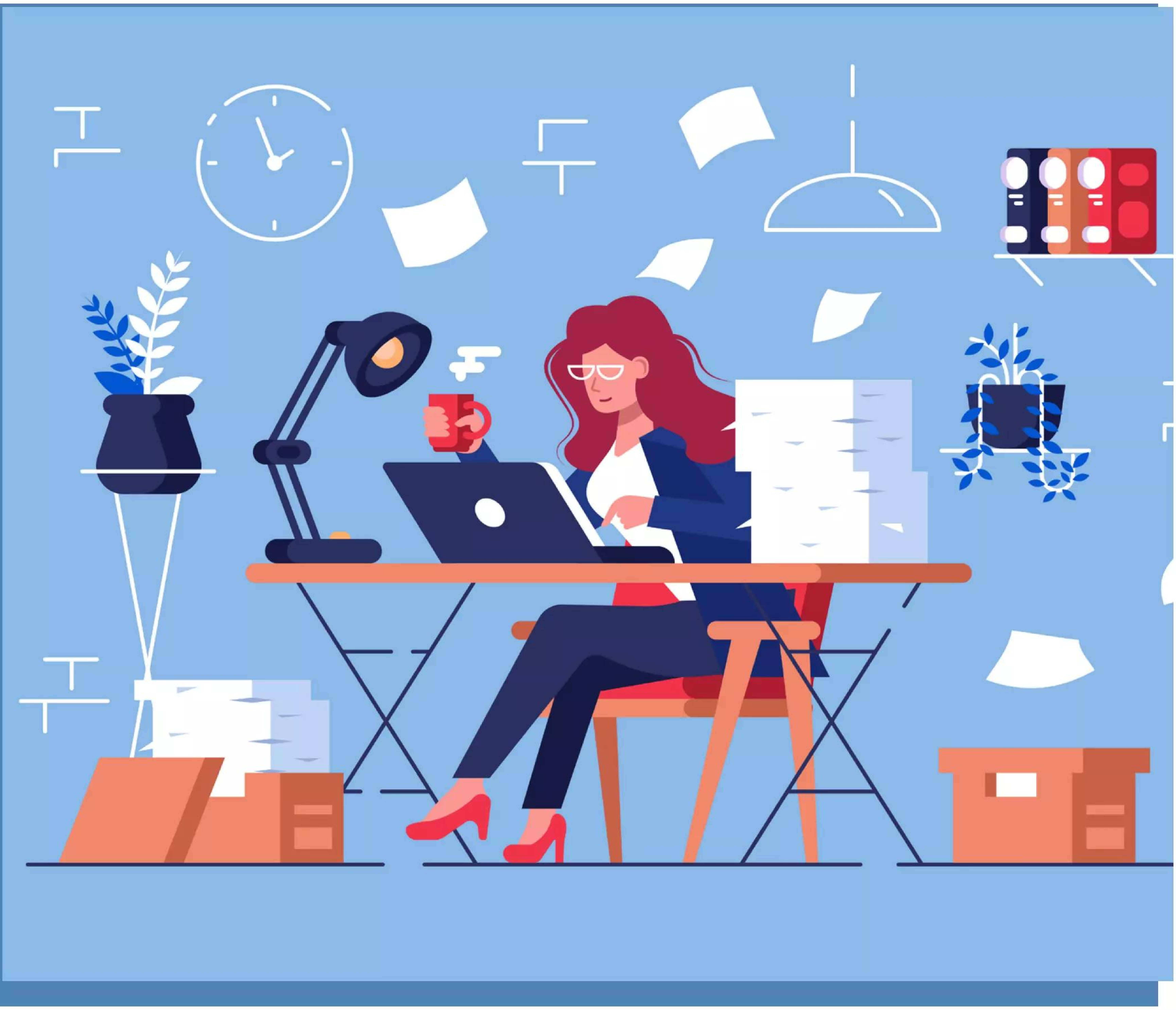
I used to feel wild. I used to feel free and in control of my happiness. I think it's still in there somewhere, but it's locked behind a door, and I can't find the key. That part of me says I should stay at home, stay small and quiet is much louder these days. I'm afraid of getting my heart broken again.

All this to say, I wish I could borrow some of your confidence and ask you out for lunch.
Yours,
Dahlia

I hit save. I gnawed at my own cowardice, wishing I had the power to send one, just one, message to him. Instead, I sent him the email I needed to regarding the servers and waited until he'd left the kitchen before fetching my own coffee.

Two days later, there was a fire drill. Andy held the door open for me, waiting longer than he needed to. 'Come on, Dahlia,' he said jokingly, pretending the building was about to collapse in flames. 'This door is heavy!'

I did a little run to show him I was going quicker but tripped on a



lumpy bit of carpet, embarrassment scorning me until I couldn't even look at him. I stood as far away as I could in the huddle of staff outside to collect myself.

On Friday that week, I bumped into Andy in the kitchen. He wasn't as chipper as usual, a slight flush to his cheeks.

'Morning Dahlia,' he said, his voice low, as if he didn't want anybody else to hear him talking to me. I bit my lip, my heart rate spiking.

'Hi Andy,' I said, turning to rest my back on the counter and trying to act normal.

He squeezed the back of his neck, his eyes flitting between the floor and my face before he tapped the side twice and, with apprehension in his eyes, strode back out of the kitchen. I leant forward to see he'd gone to his desk and was already typing away.

With fire in my veins and a coffee warming my hands, I stared at my computer again, willing myself to relax. I couldn't continue indefinitely with this overwhelming office crush. Maybe I should quit my job. Maybe it was time to leave. Or maybe I could speak to him.

But no. What would I even say? Andy would never want to be with a boring woman like me.

I opened a new Word document, placing my half-drunk mug down.

Dear Andy,
What a pickle I'm in. I want to apologise for that awkward encounter. I should've offered to make you a drink since I was already boiling the kettle. Why didn't I? I can barely think around you. Sometimes it makes me feel like a fifteen-year-old girl again, all hopped up on hormones and girlish fantasies.

Maybe I should find a new job and start acting my age again.
Yours,
Dahlia

> **MAYBE I SHOULD QUIT MY JOB. MAYBE IT WAS TIME TO LEAVE.**

I clicked save, briefly flicking my eyes over the folder to see a new letter had been saved.

Dear Dahlia...
My heart stuttered. Good thing I was sitting down, or I might have fallen to the floor.

I looked around to see if someone was tricking me or playing a cruel game. Then, carefully, I poked my head over the divider behind my computer to look for Andy. I could see his huge feet from there, his

Turn over for more

brown leather boots crossed at the ankles, but his head was hidden behind his screen.

I must have saved a letter wrong. It was the only logical explanation. Or was it?

With the pulse in my throat throbbing, I opened the document and began reading what had been saved.

I don't know if you know this, but I can access everybody's OneDrive. A recent task of mine has been to clear up any unused space. I hope you know I didn't mean to stumble upon these letters. And I certainly wasn't snooping. Simon has about 3000 photos of his dog saved on his. That's the sort of thing I've been looking for. He's not meant to do that, you see. I've helped him set up a private cloud storage so he can transfer them. His dog is cute though – an old terrier thing. Proper scruffy.

I'm sorry. I had to read them all. You know, I've been your biggest admirer for some time. Or, judging by these letters, maybe you don't know.

You're always so quiet over there, tucked away in the corner. I want to talk to you more, but before I have a chance, you run away. And I nearly spoke to you about these directly this morning and realised that would've been unfair. So, here I am – writing you back.

> **“COULD I BEAR TO PUT MY HEART ON THE LINE?”**

I don't think you're boring, Dahlia. In fact, I find you beguiling, enchanting and completely mysterious. I want to know more about you. Have you been wild swimming and done yoga on the nudist beach? I mean... If you have, then you're far braver than I.

I'm flattered by the things you wrote about me. I see a beautiful, put-together woman with gorgeous red hair and I think you must be mountains out of my league.

But I'd love to take you for dinner. I'd love to drive to the Lake District with you. I'd be ecstatic to watch Strictly in your company. Although you'll have to explain the rules to me. How do you even judge dancing?

You said you couldn't find the key to your happiness any more. What if the key is us? I'd say it's worth taking a chance.

If you'd like to go to dinner after work, meet me by my blue car. I have just the place. I assume you don't object to eating copious amounts of cake for dinner?

Yours – most definitely,
Andy

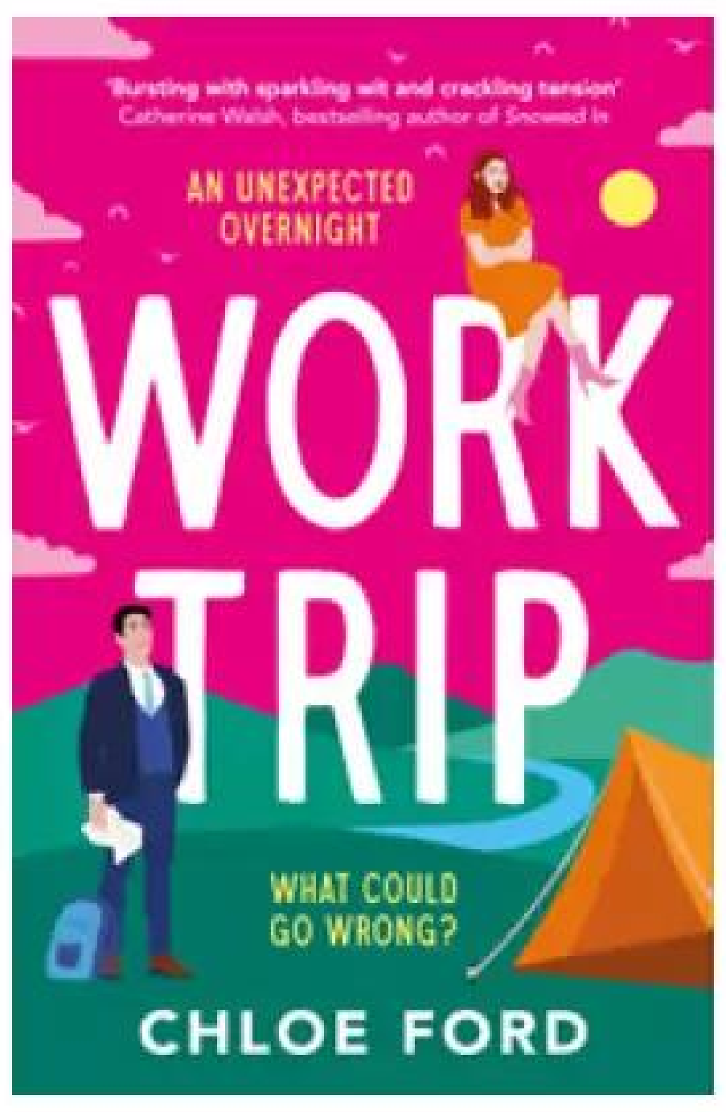
I closed the letter, my hands hovering over my keyboard. Checking the clock, I saw I only had two hours before the end of the day. I spent the whole time flipping on my decision, panic fresh in my bones. Was this real? Did I really want to open that door again? Could I bear to put my heart on the line?

At the end of the day, I watched Andy leave ahead of me, still glued to my seat. I gave him the chance to drive off and change his mind.

Then, with a deep breath, I followed him out to the car park. He was parked furthest away, leaning on his car door, staring at his feet. When I approached, he looked up, that large smile of his warming me and washing the worry away like the sun after rain.

'I hope you're serious about cake,' I said, my voice small, cautious.

Andy laughed, his eyes bright with mischief. 'I'm always serious about cake, Dahlia.'


'Bursting with sparkling wit and crackling tension' Catherine Walsh, bestselling author of Snowed In
AN UNEXPECTED OVERNIGHT
WORK TRIP
WHAT COULD GO WRONG?
CHLOE FORD

***Work Trip* is the hilarious workplace enemies to lovers rom-com by Chloe Ford, published by Head of Zeus**

PICTURES: *GETTY IMAGES*

Your stars

For the week 3 June with Natalie Tambini

GEMINI

22 May – 21 June

Venus moves into your dreamy, psychic zone, bringing a need for romance and fantasy. So if your partner is as exciting as a damp dishcloth, get that date night sorted, and if you're on dating apps, look for someone whose profile pic is near water. Any financial hiccups should improve as the week goes on.

CANCER

22 June – 23 July

Get set for a shift in your mindset – you'll feel a sudden sense of determination and drive. Channel this into all the things that need doing, be productive and you'll end the week on a happy high. Venus shifts into your independent zone bringing a need for personal space – so be clear with loved ones about your boundaries.

LEO

24 July – 23 August

There's a touch of the morning-after-the-night-before vibe this week, as a hectic period winds down – just embrace it, as for once you could actually have some free time on your hands. Think spa day, reading, travel – whatever you've been longing to do, the choice is yours. Single? Don't ignore early red flags.

VIRGO

24 August – 23 September

You'll be at your happiest when travelling, so whether it's a day trip or a last-minute week in the sun, make it happen – especially if you're single, as a holiday romance could run and run. Flirting will be second-nature, especially at the weekend when the moon shifts into your sexy zone.

LIBRA

24 September – 23 October

If someone's relentless negativity is driving you mad, you don't have to tolerate it. With chat planet Mercury in your straight-talking zone, say how you feel. Your ruler, Venus, shifts into your passion zone, firing up your love life, but also inspiring you to move on from anyone who isn't making you happy.

SCORPIO

24 October – 22 November

It's been a long time since you felt this excited about someone or something! Being a naturally secretive soul, it's tempting to keep everything to yourself, but why not share the joy? Others will love being around the happy vibes that you give off. Luck is linked to a long journey by road.

SAGITTARIUS

23 November – 21 December

You're in quite a serious mood as the week begins, with a lot of irritating loose ends to sort out. These could be linked to paperwork or legal matters. But once that's done, you'll feel a weight lift, and a determination to hit any goals you set yourself. So aim high! Wear or carry something deep mauve for luck.

CAPRICORN

22 December – 20 January

It's all about being free as a bird this week, Capricorn! Being tied down to regular commitments – which is usually your happy place – is likely to feel restrictive and annoying. Find someone to temporarily take over anything that feels like a burden, and fill your diary with things you're longing to do. Enjoy!

AQUARIUS

21 January – 19 February

If you're looking for love, Venus suggests you'll find someone much closer to home than you think. This could be a person that you've never thought of romantically – until now! A troublesome loved one will finally back down over a tricky issue – be gracious in victory to ensure they stay on side.

PISCES

20 February – 20 March

Being a free spirit at heart, you're longing to expand those horizons but can sometimes lack the confidence to do it. With Mercury pushing into your show-off zone, it's time to be bold and start living the life that YOU want. A letter or email brings a pleasant and very unexpected surprise.

ARIES

21 March – 20 April

There are times when your forthright approach to life really gets things moving, but this isn't one of them. The planets are urging you to slow down and be cautious when dealing with a very sensitive loved one or issue. Luck is linked to an old, rambling house or building covered in ivy.

TAURUS

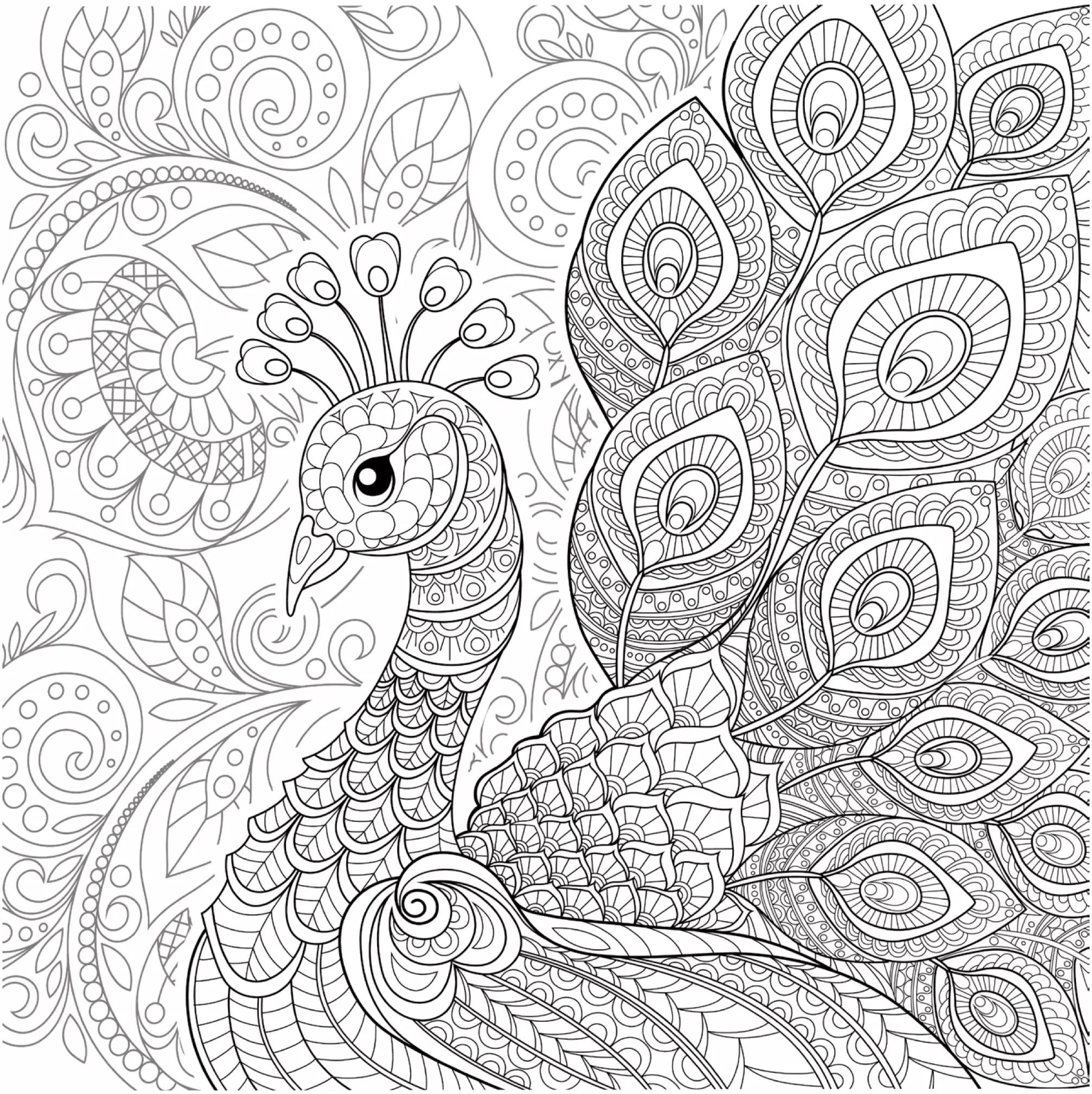
21 April – 21 May

When a determined Taurus puts their mind to something, they can achieve anything. The trouble is that at the moment, your energies are scattered and you're not quite sure what you should put your mind to. Spend some quiet time sorting your priorities for the immediate future, and things will start falling into place.

PICTURES: BIGSTOCK, GETTY

Colour therapy

Take some time out to relax and unwind...



PICTURES: *GETTY*

Fun AT HOME

If you need something to help keep your brain busy – look no further. Grab a pen and flex those intellectual muscles with these tantalising puzzles...

SEARCH ME!

Can you find the characters from Greek mythology in the grid? They will be placed only once and may be either horizontal, vertical or diagonal and go either forwards or backwards. There is one word listed that isn't in the grid – can you work out which one it is?

AEGEUS
DAEDALUS
EURYSACES
HECATON
ICARUS
KROTOS
LEPREUS
MAGNES
MELIA
MELITE
OLYMPUS
ORESTES
PAEON
PANDORA
PERSEUS
PHOEBE
POLYBUS
SCYLLA
TAURUS
THERO

S	U	R	A	C	I	P	E	T	I	L	E	M	S	D
P	W	O	T	E	S	C	Y	L	L	A	P	Q	P	P
S	P	L	E	P	R	E	U	S	A	E	O	T	O	H
E	K	J	Z	K	S	Z	H	R	B	L	S	H	L	O
N	C	Y	T	S	C	U	O	F	Y	Z	E	W	Y	E
G	B	S	R	V	E	D	D	M	I	Y	T	D	B	B
A	G	H	R	Y	N	C	P	P	U	U	S	L	U	E
M	Q	E	E	A	E	U	A	S	D	K	E	S	S	N
Q	A	P	P	C	S	S	S	S	U	W	R	C	B	B
M	Q	B	A	I	A	Z	Y	O	Y	R	O	X	J	E
T	T	H	E	R	O	T	E	M	T	R	U	C	O	O
Q	R	S	O	U	W	P	O	Q	E	O	U	A	H	K
Z	U	T	N	Y	W	D	H	N	H	L	R	E	T	W
C	J	G	F	S	U	E	G	E	A	C	I	K	Y	W
C	Y	W	D	A	E	D	A	L	U	S	K	A	U	R

SUDOK-GO!

Fill the grid using the numbers from 1 to 9 only. Each number must appear once in every column, row and 3x3 square. Now, off you sudok-go!

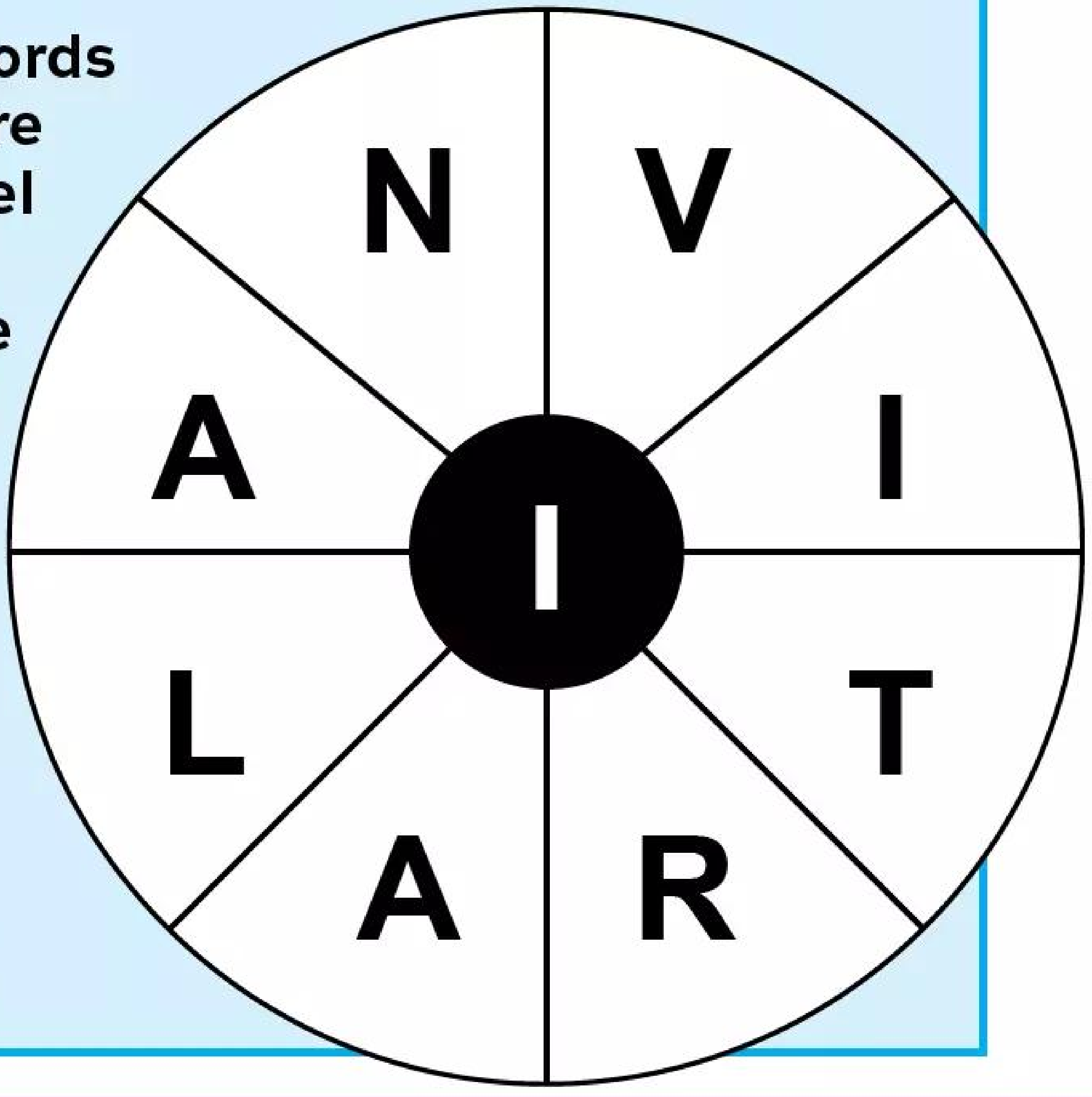
	6	7				5		3
4			5				6	
2	5		6	8	3	4		7
	2			9				
			3	5	1			
				4			7	
7		6	9	2	4		5	1
	9				7			4
8		2				7	3	

5			6		7			
9		7	4	8	1			6
	6	4	3				8	7
		8				9		4
				7				
6		2				8		
7	1				8	6	4	
8			1	9	4	7		5
			7		5			8

PICTURES: GETTY, RICHARDSON PUZZLES & GAMES

WORD WHEEL

Find as many words of three or more letters in the wheel as you can. Each word must use the central letter and a selection from the outer wheel – no letter may be used more times than it appears in the wheel. Can you find the nine-letter word?



CODE NAME

Each number from 1-26 represents a letter of the alphabet from A-Z. Every letter appears in the grid at least once, and is represented by just one number. Kim Cattrall will help get you started with the numbers for K, I and M. Can you crack the entire code to complete the crossword grid? When you are finished, use the key grid to uncover a hidden word.

6	4	13	15	2	17		9	10	22	24	8	10
10			10		11			7		3		8
8	11	17	24	23	23	16		7	11	9	23	10
		11			23			4		6		6
14	2	7	12		24	7	15	2	9	11	19	16
24		18			26		24			13		19
9	23	4	5	5	13		12			2		24
9		10		23	10	25	2	11	7	24	6	16
10	24	6	23	16				8				
6		10		23				10	6	24	13	10
13	10	19	25	10				6		7		12
				24				13	21	24	3	26
6	10	2	7	5	11	6	17	10		23		11
10		7			11		22	10	19	25	10	13
21		18			20		2			10		10
24	9	4	15	3	10	7	15		24	13	1 K	13
6		2		24			17			2		
19	2	6	15	16		26	22	24	6	24	11	22
10		10		9			24		2			4
19	4	13	15	10	6		15	24	3	2	7	25

A B C D E F G H ~~I~~ J ~~K~~ L ~~M~~
N O P Q R S T U V W X Y Z

1	2	3	4	5	6	7	8	9	10	11	12	13
K	I	M										
14	15	16	17	18	19	20	21	22	23	24	25	26

YOUR KEY WORD GRID:

21	11	3	9	24	15

KRISS KROSS

Can you fit all the words into the grid to complete the puzzle? Some words may initially fit in more than one place, but there is only one way to fit all the words together to complete the grid. The solution is below.

4 LETTERS
BONN

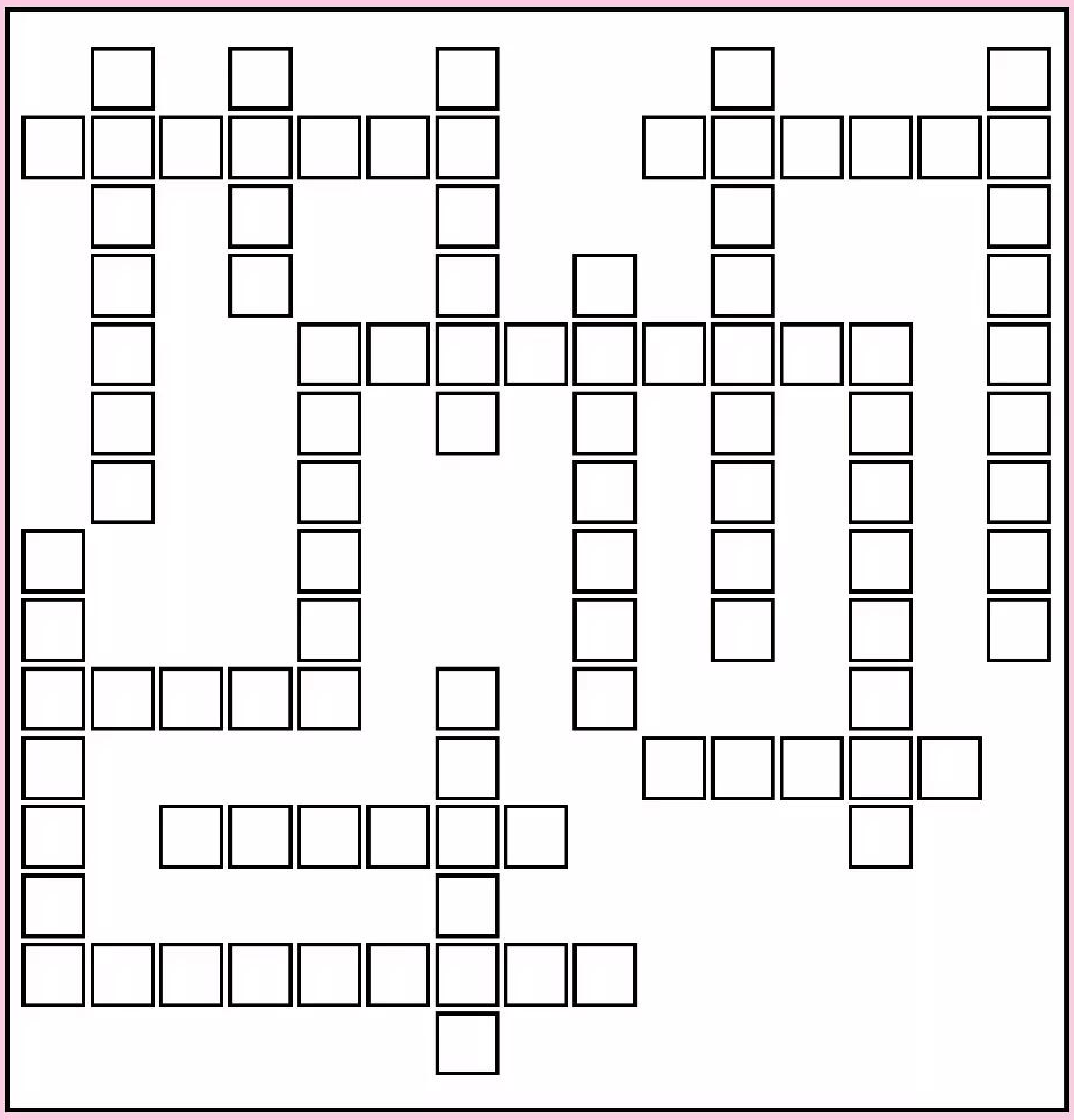
5 LETTERS
ESSEN
MAINZ

6 LETTERS
AACHEN
BERLIN
BREMEN
MUNICH
PASSAU

7 LETTERS
DRESDEN
HAMBURG
HANOVER
LEIPZIG

8 LETTERS
DORTMUND

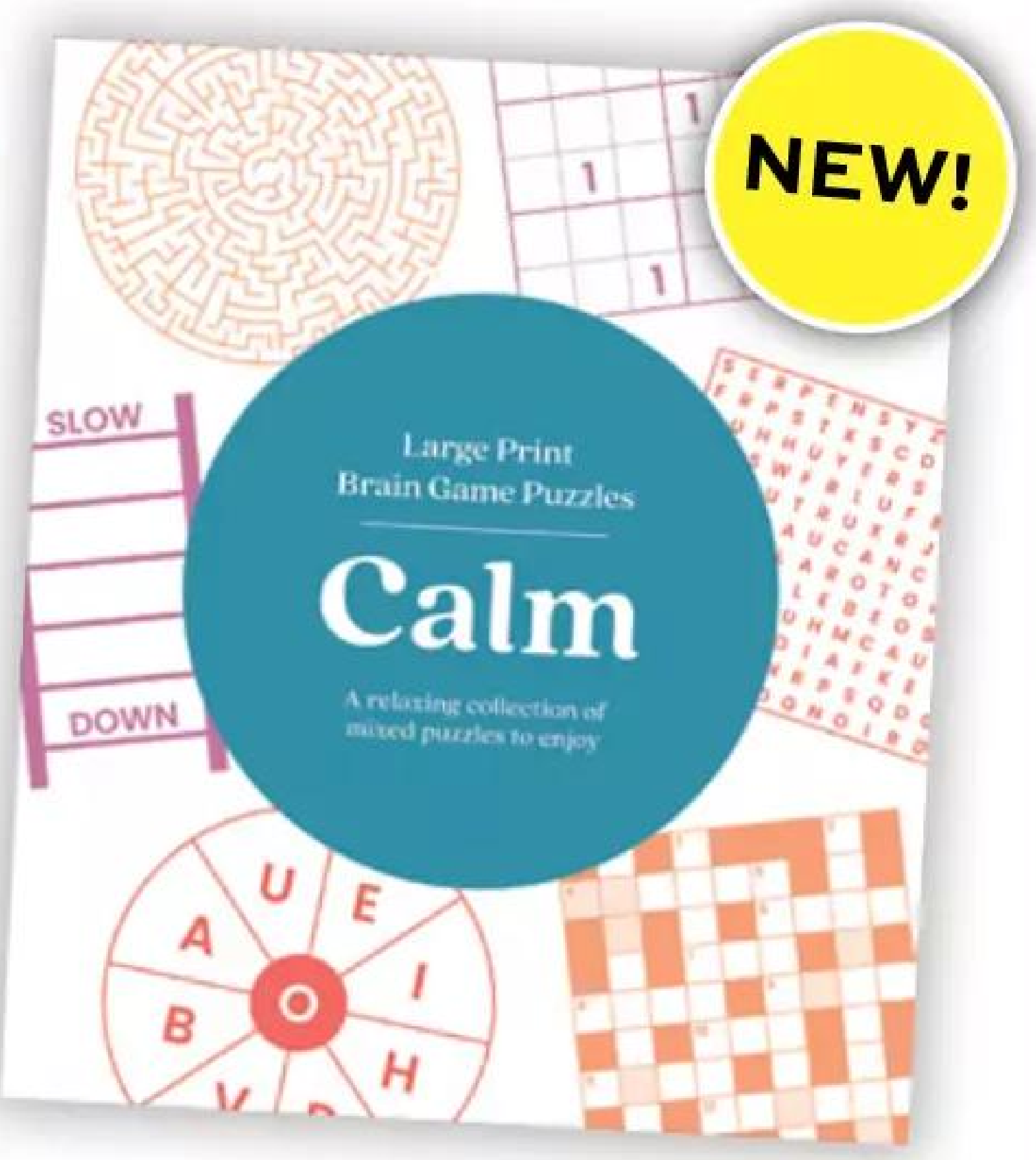
9 LETTERS
BIELEFELD
MAGDEBURG
NUREMBERG
WUPPERTAL



Large Print Brain Game Puzzles

All puzzles are kindly supplied by Richardson Puzzles & Games. Its new *Large Print Brain Game Puzzles – Calm*, contains over 90 relaxing puzzles, quizzes and activities, all with at least 16-point font size. Available from hive.co.uk/richardson-puzzles and other good book retailers.

RICHARDSON
PUZZLES & GAMES



SOLUTIONS

SEARCH ME

Not hidden: Perseus

WORDWHEEL

Answer: Antiviral

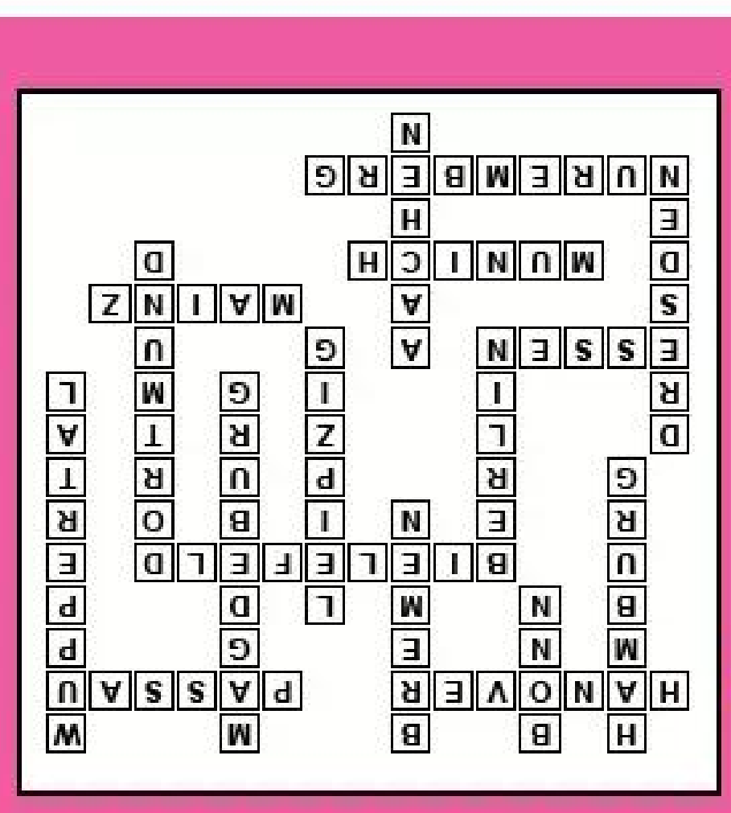
Words that can be made from the wheel include: ail, air, antiviral, anvil, aria, atrial, avail, avian, lain, lair, liar, lint, lira, lit, nail, nil, nit, rail, rain, ria, rival, tail, tiara, tin, trail, train, travail, trial, trivia, trivial, vain, valiant, variant, via, vial, viral, vital

SUDOK-GO!

9	6	7	4	1	2	5	8	3
4	8	3	5	7	9	1	6	2
2	5	1	6	8	3	4	9	7
5	2	4	7	9	8	3	1	6
6	7	9	3	5	1	2	4	8
3	1	8	2	4	6	9	7	5
7	3	6	9	2	4	8	5	1
1	9	5	8	3	7	6	2	4
8	4	2	1	6	5	7	3	9

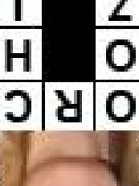
5	8	1	6	2	7	4	9	3
9	3	7	4	8	1	5	2	6
2	6	4	3	5	9	1	8	7
3	7	8	5	1	2	9	6	4
1	4	9	8	7	6	3	5	2
6	5	2	9	4	3	8	7	1
7	1	5	2	3	8	6	4	9
8	2	6	1	9	4	7	3	5
4	9	3	7	6	5	2	1	8

KRIS KROSS



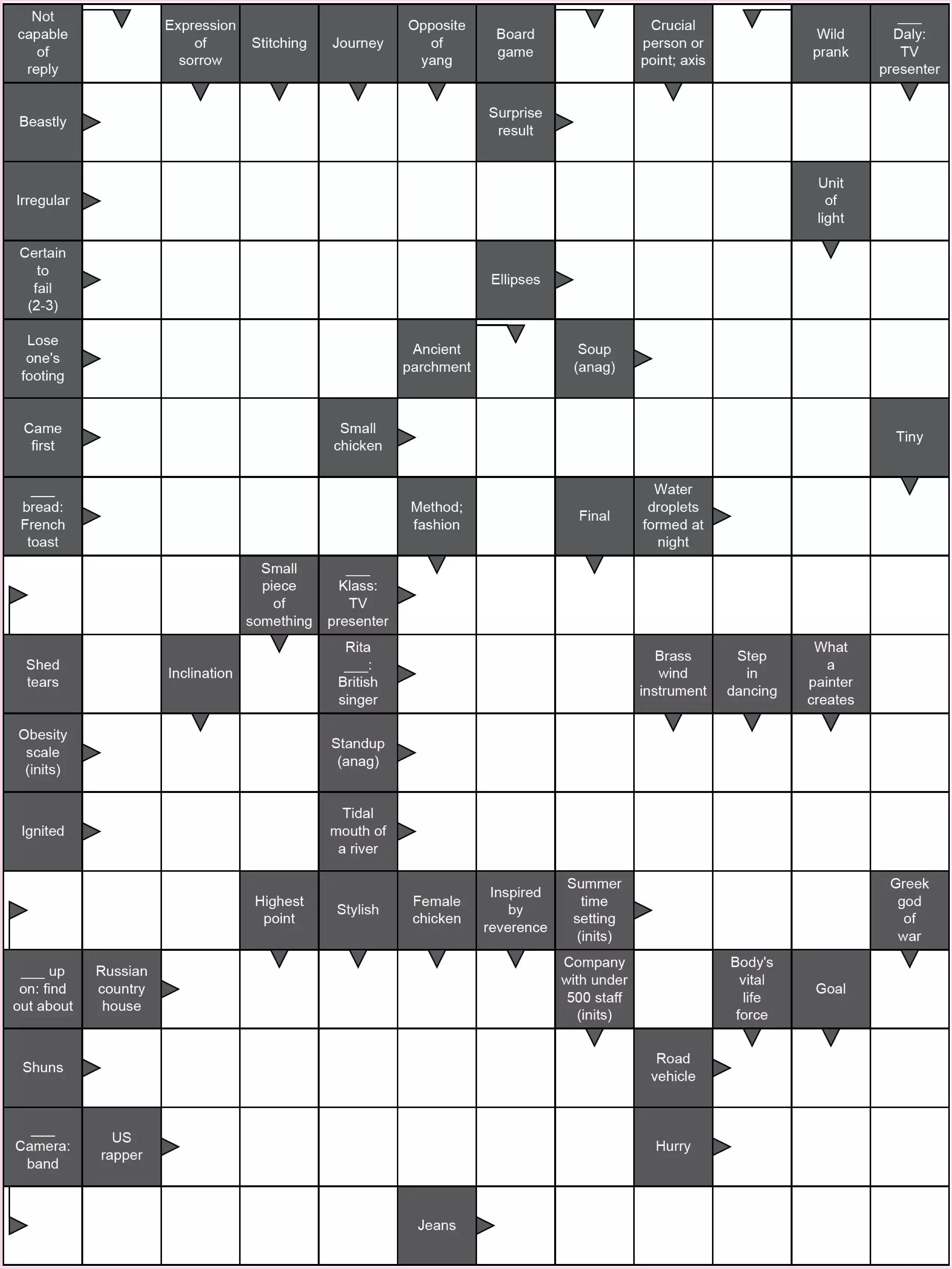
CODE NAME

Key word: Wombat

R	U	S	T	I	C		B	E	H	A	V	E
E			E		O			N		M		V
V	O	C	A	L	L	Y		N	O	B	L	E
		O			L			U		R		R
J	I	N	X		A	N	T	I	B	O	D	Y
A		Q			P		A			S		D
B	L	U	F	F	S		X			I		A
B		E		L	E	G	I	O	N	A	R	Y
E	A	R	L	Y				V				
R		E		L				E	R	A	S	E
S	E	D	G	E				R		N		X
				A				S	W	A	M	P
R	E	I	N	F	O	R	C	E		L		O
E		N			O		H	E	D	G	E	S
W		Q			Z		I			E		E
A	B	U	T	M	E	N	T		A	S	K	S
R		I		A			C			I		
D	I	R	T	Y		P	H	A	R	A	O	H
E		E		B			A		I			U
D	U	S	T	E	R		T	A	M	I	N	G

ARROW WORD

Answer the clues in the direction each of the arrows point to fill the crossword-style grid.



Not capable of reply		Expression of sorrow ▼	Stitching ▼	Journey ▼	Opposite of yang ▼	Board game		Crucial person or point; axis ▼		Wild prank	___ Daly: TV presenter ▼
Beastly ▶						Surprise result ▶					
Irregular ▶										Unit of light ▼	
Certain to fail (2-3) ▶						Ellipses ▶					
Lose one's footing ▶					Ancient parchment		Soup (anag) ▶				
Came first ▶				Small chicken ▶							Tiny ▼
___ bread: French toast ▶					Method; fashion ▼		Final ▼	Water droplets formed at night ▶			
			Small piece of something ▼	___ Klass: TV presenter ▶							
Shed tears		Inclination ▼		Rita ___: British singer ▶				Brass wind instrument ▼	Step in dancing ▼	What a painter creates ▼	
Obesity scale (inits) ▶				Standup (anag) ▶							
Ignited ▶				Tidal mouth of a river ▶							
			Highest point ▼	Stylish ▼	Female chicken ▼	Inspired by reverence ▼	Summer time setting (inits) ▶				Greek god of war ▼
___ up on: find out about	Russian country house ▶						Company with under 500 staff (inits) ▼		Body's vital life force ▼	Goal ▼	
Shuns ▶								Road vehicle ▶			
___ Camera: band	US rapper ▶							Hurry ▶			
					Jeans ▶						

WORD LADDER

Move from the word at the top of the ladder to the word at the bottom of the ladder by changing one letter on each step of the ladder. Do not rearrange the order of the letters. There may be multiple ways of doing this.

SONG

BIRD

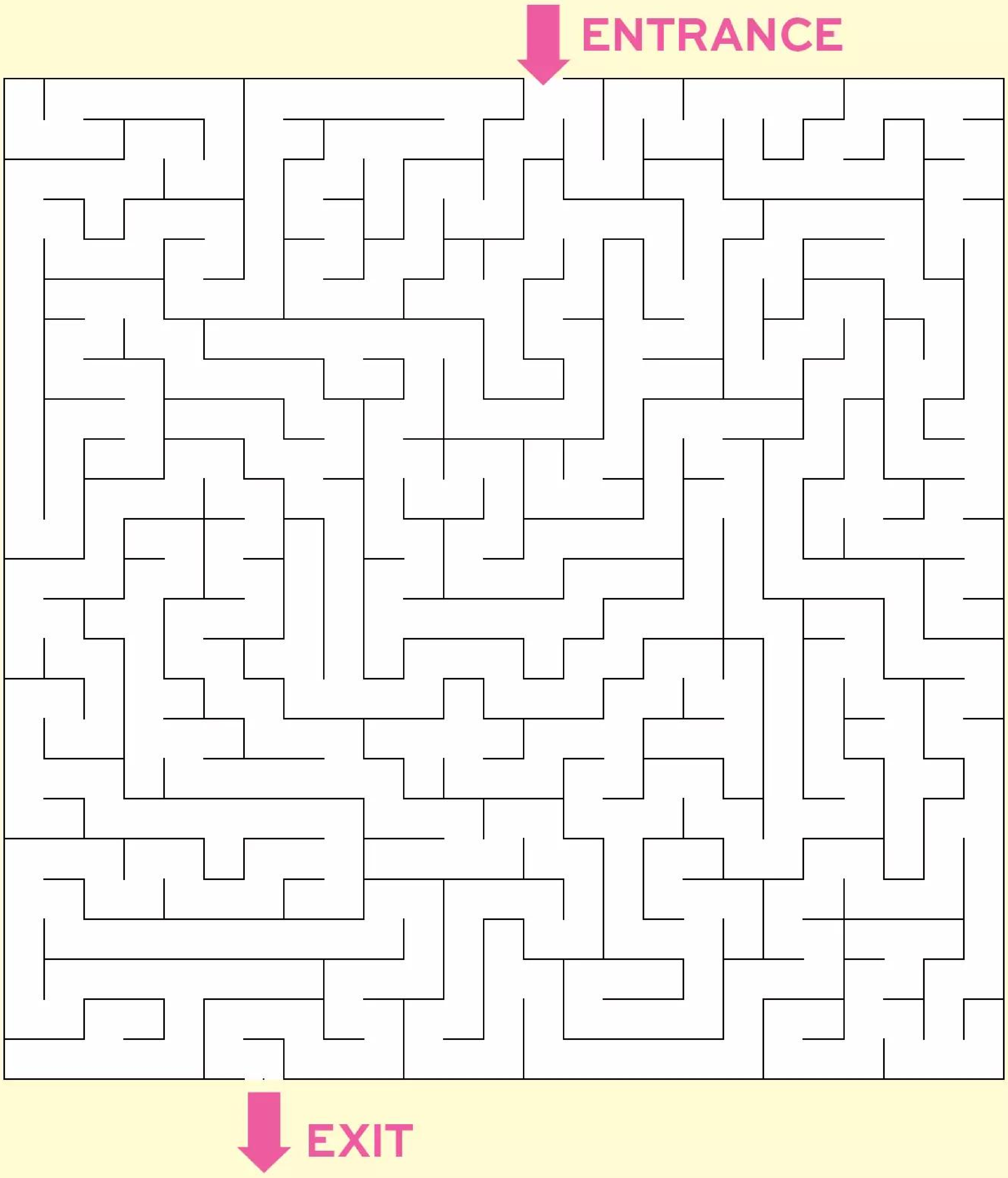
NUMBER TOWER

Complete the tower so that every square contains a number. The number in each square is the sum of the two squares directly below it. Can you solve this in 30 seconds?

	30					
	12		25		32	
13	9				22	

JUMBO MAZE

Find the path without breaking through walls. Start from the entrance arrow at the top and end at the exit arrow at the bottom.



All puzzles are kindly supplied by Richardson Puzzles & Games.

RICHARDSON PUZZLES & GAMES

SOLUTIONS

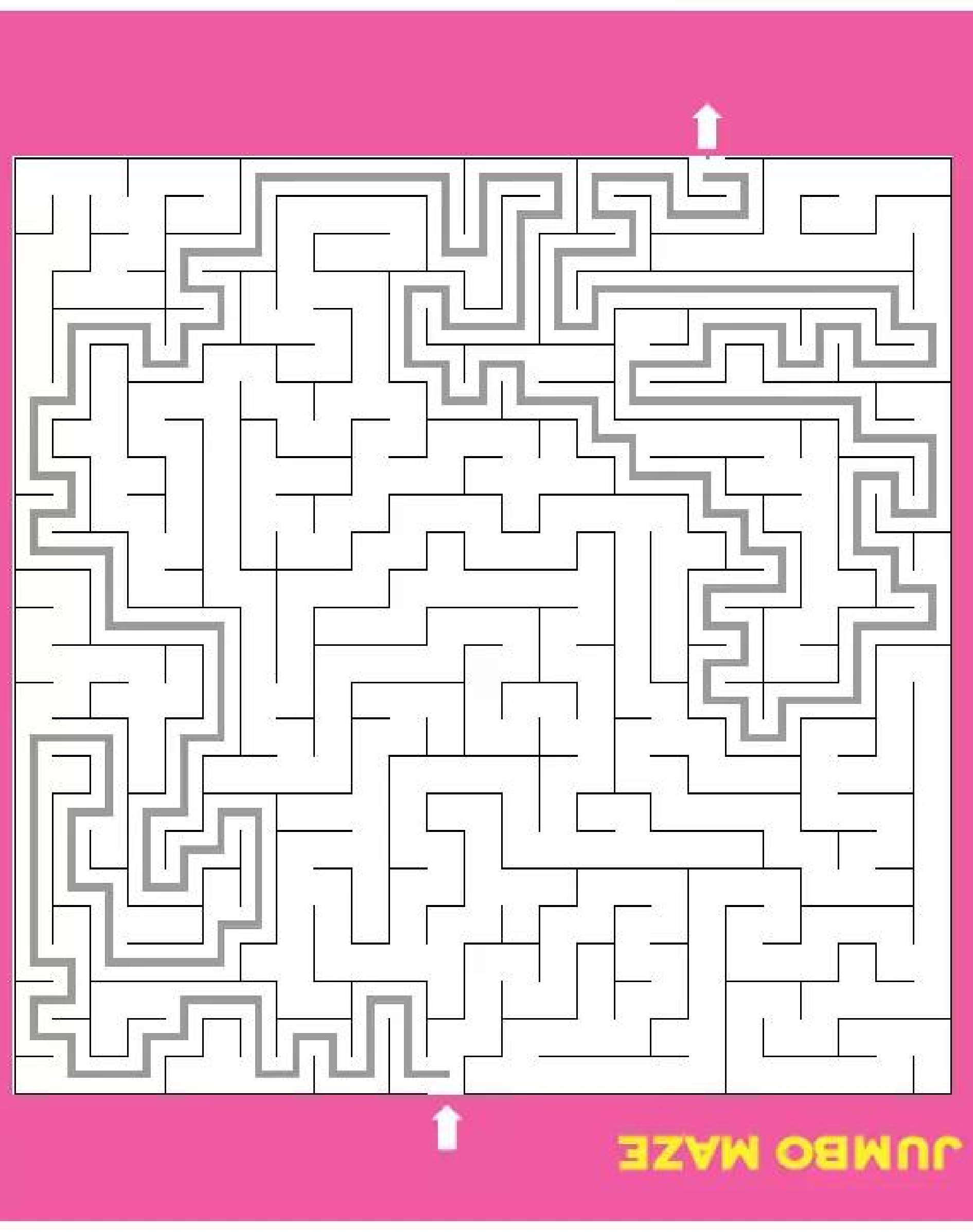
NUMBER TOWER

704						
310	394					
137	173	221				
64	73	100	121			
34	30	43	57	64		
22	12	18	25	32	32	
13	9	3	15	10	22	10

WORD LADDER

SONG
SONS
SINS
BINS
BIND
BIRD

JUMBO MAZE



ARROW WORD

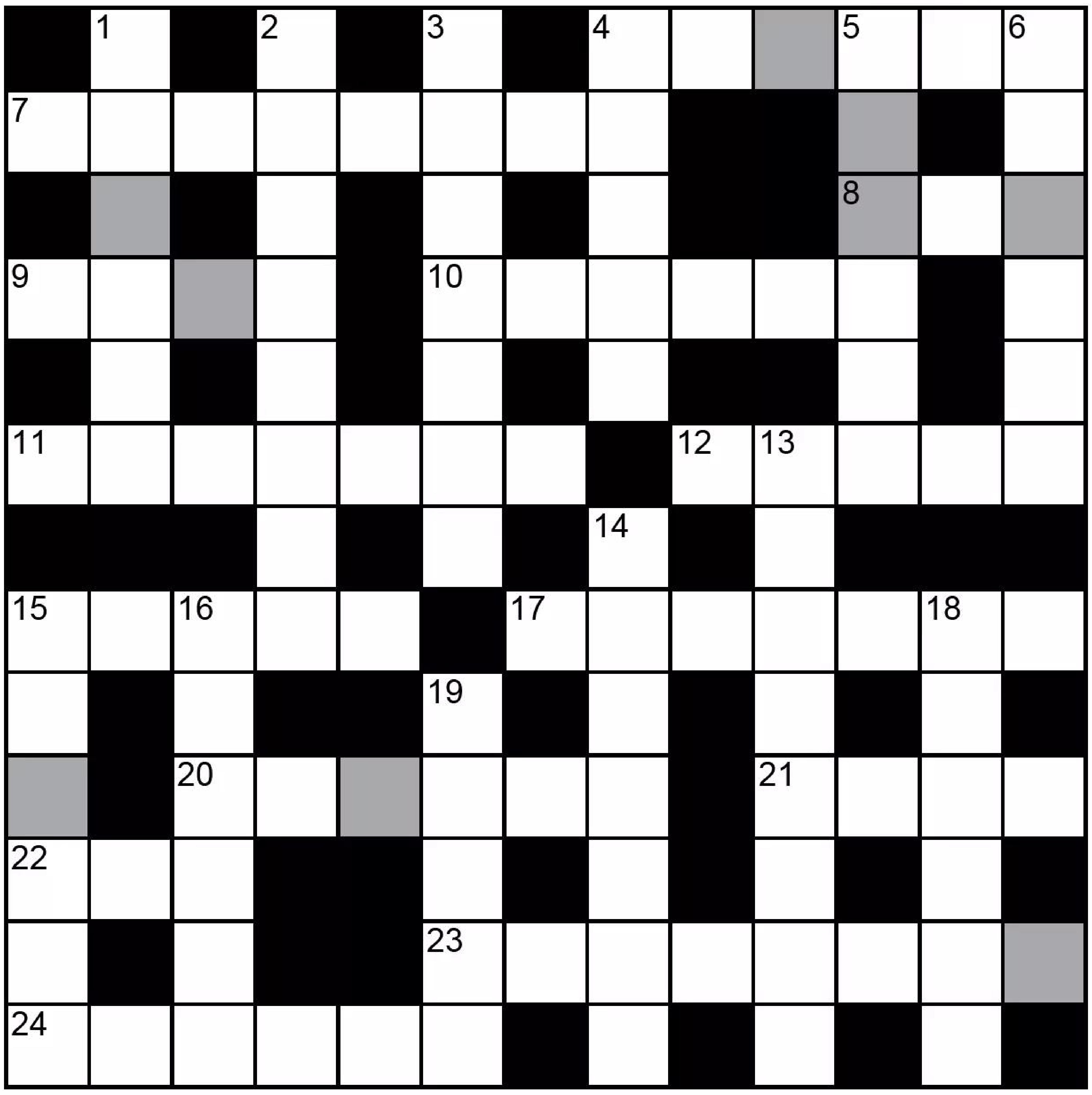
■	U	■	■	■	■	■	L	■	E	■	■
■	N	A	S	T	Y	■	U	P	S	E	T
■	A	P	E	R	I	O	D	I	C	■	E
■	N	O	W	I	N	■	O	V	A	L	S
■	S	L	I	P	■	P	■	O	P	U	S
■	W	O	N	■	B	A	N	T	A	M	■
■	E	G	G	Y	■	P	■	■	D	E	W
C	R	Y	■	■	M	Y	L	E	E	N	E
■	A	■	B	■	O	R	A	■	■	■	E
■	B	M	I	■	D	U	S	T	P	A	N
■	L	I	T	■	E	S	T	U	A	R	Y
G	E	N	■	■	■	■	■	B	S	T	■
■	■	D	A	C	H	A	■	A	■	■	A
■	E	S	C	H	E	W	S	■	C	A	R
■	■	E	M	I	N	E	M	■	H	I	E
A	Z	T	E	C	■	D	E	N	I	M	S

best crossword

Win
EVERY
WEEK

WIN
1 X £200,
2 X £100
OR 3 X £50
PRIZES

The answer will appear in the shaded boxes and this is your prize answer. Enter by using the numbers at the top of the grid or at hearstmagazines.co.uk/bestcross2325



ACROSS

4 Burrowing long-eared mammal (6)
7 Wrapper for a letter (8)
8 Foot extremity (3)
9 Brave and admired person (4)
10 Distinctive mode of pronunciation (6)
11 Go forward (7)
12 Social gathering (5)
15 Opposite of lower (5)
17 State of being very poor (7)
20 Choose (6)
21 Suggestion (4)
22 Top (anag) (3)
23 Victim of an accident (8)
24 Arise from (6)

DOWN

1 Have as a purpose (6)
2 Embellish (8)
3 Love; genre of fiction (7)
4 Arrive at (5)
5 This is spread on toast (6)
6 Written agreement (6)
13 Native of the United States (8)
14 Dispute or competition (7)
15 Develop (6)
16 Christian minister (6)
18 A score (6)
19 Freedom from war (5)

Which insect has species that include the Essex skipper and Gatekeeper? The answer will appear in the shaded squares.

Online entries open 3 June 2025 until midnight on 20 June 2025. You must be over 18.

For full T&Cs, see below. We will use the information you supply to process your competition entry. For our privacy notice, visit hearst.co.uk/privacy-notice.

One entry per household. Online entries to reach us by closing date of 20 June 2025. Winners will be drawn at random from correct entries received. Names and counties of winners available on request. No correspondence can be entered into. The editor's decision is final.

WINNING CHEQUES WILL BE MADE PAYABLE AND POSTED TO THE NAME AND ADDRESS PROVIDED

ANSWERS

MEGA CROSSWORD 18/2025
PRIZE ANSWER:
RACHEL RILEY

ACROSS
1 Sister **7** Identify **8** Off
9 Tackle **10** Away
11 Dance **13** Surgery
15 Liberal **17** Storm
21 Spot **22** Survey **23** Gut
24 Previous **25** Plenty

DOWN
1 Should **2** Soften,
3 Risky **4** Revenue
5 Straight **6** Affair
12 Creative **14** Passion
16 Import **18** Oxygen
19 Mostly **20** Grasp

Manifest by colouring!

All puzzles are kindly supplied by Richardson Puzzles & Games. Its *Large Print Colour & Frame: Manifest* colouring book for adults contains 31 positive affirmations to colour. The book has perforated page edges, so you can pull out your artwork, then frame and display! Available to order from hive.co.uk/richardson-puzzles and other good book retailers.

RICHARDSON
PUZZLES & GAMES

NEW!

R
Large Print
Colour & Frame
Manifest
31 positive manifestation affirmations to colour

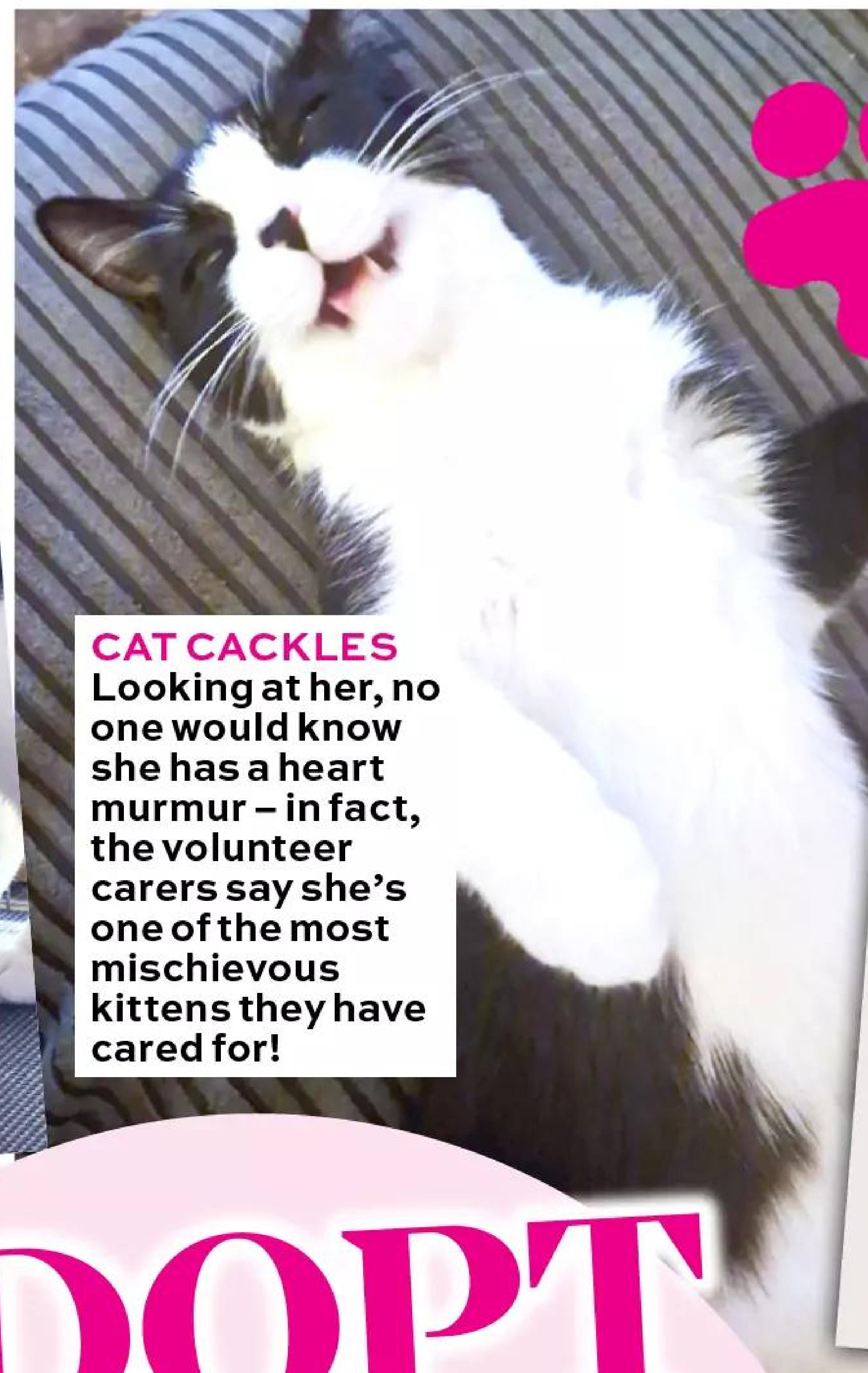
You must be over 18 and entries in the incorrect format will not be considered. *best* competitions and puzzles open on 3 June 2025 and closes at midnight on 20 June 2025. Entries received after the closing date will not be considered. The cash prizes are as described on this page [six winners]. The crossword winners will be randomly selected from the entries received. Entrants will be deemed to have accepted these Terms and to have agreed to be bound by them. This competition is not open to any employees of Hearst Magazines, the promoter or their immediate families, the promoter's advertising agency and sales promotion consultancy, or anyone else connected with the creation and administration of the competition. Only one competition entry, fulfilling the eligibility requirements above, will be accepted per person. Once selected, only the winners will be contacted personally by email using the contact details provided upon entry. Winners will be notified once selected. Winners will have five (5) working days to respond in full or another winner will be selected. Hearst Magazines' decision is final in every situation, including any not covered above and no correspondence will be entered into in respect of the validity of any such decision. Hearst Magazines shall be permitted to exclude or disqualify any entrant at any time at its sole discretion. Hearst Magazines reserves the right to exclude late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst Magazines does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt. The name of the winners will be available by sending a stamped addressed envelope to House of Hearst, 30 Panton Street, London SW1Y 4AJ, indicating the name of the competition. Entry to the competition and acceptance of the prize constitutes permission to use any entrant's name, image and any competition entry photograph, for promotional and/or editorial purposes in any format in print and non-print media without additional consultation. No purchase is necessary. Once entered, entries cannot be returned/ withdrawn. Spammers will be disqualified. Prizes must be taken as stated and cannot be deferred, although Hearst Magazines reserve the right to change the prize in the event of unforeseen circumstances. There will be no cash alternative. We will use the information you supply to process your competition entry. For our privacy notice, visit hearst.co.uk/privacy-notice. Hearst Magazines reserves the right to (i) cancel and/or withdraw this competition and/or (ii) amend these Terms, at any time without notice. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty, or otherwise, for any loss, damage or injury arising under or in connection with this competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English Courts in relation to all matters arising under or in connection with these Terms.

ADOPT A CAT MONTH

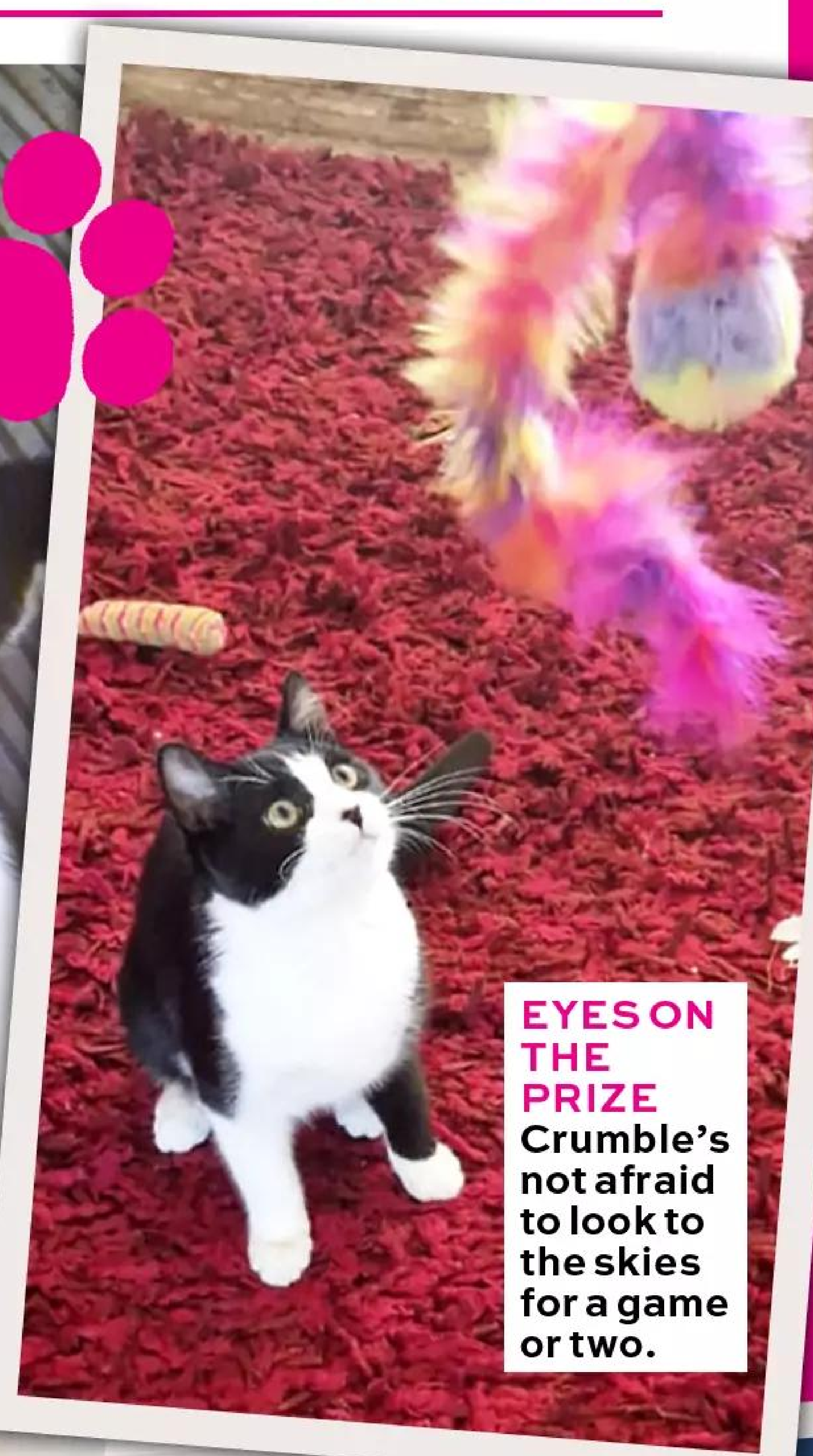
We discover just what Crumble, five months, gets up to on a daily basis

Crumble is currently being cared for by the Cats Protection Coventry volunteer team. She has a heart murmur, which means she'll be in the charity's care for a little longer than other kittens, to ensure she's monitored before she's rehomed. It's hoped that she'll outgrow the condition but if not, her eventual new owner will be given plenty of advice on how to care for her.

LET THE CAT OUT OF THE BAG
Every day, Crumble is full of energy, ready to start the morning!



CAT CACKLES
Looking at her, no one would know she has a heart murmur – in fact, the volunteer carers say she's one of the most mischievous kittens they have cared for!



EYES ON THE PRIZE
Crumble's not afraid to look to the skies for a game or two.

A LITTLE SCUFFLE
Crumble loves nothing more than a scratch and, besides her toy, loves nothing more than tackling her post to keep those claws in tip-top condition.

A FELINE FEAST
That's one way to claim the food as your own! Crumble loves her food and gets all the nutrients she needs from her diet.

KITTEN GOES CRASH
Time to wind down – Crumble loves to snuggle up for a cuddle just as much as she does hogging the sofa!

PAW PATROL
We have a fishy feeling that this is one of Crumble's favourite games...

CALLING ALL PETS!

From funny to cute, we're looking for more pets to star in our **'Day in the Life'** series. If you think your animal is the perfect match, email bestpets@hearst.co.uk with details of your pet, plus a series of snaps.*

WORDS: HELEN PIKE *YOUR PICTURES WILL ONLY BE USED ON BEST'S PET PAGE.

That's AMÀRE...

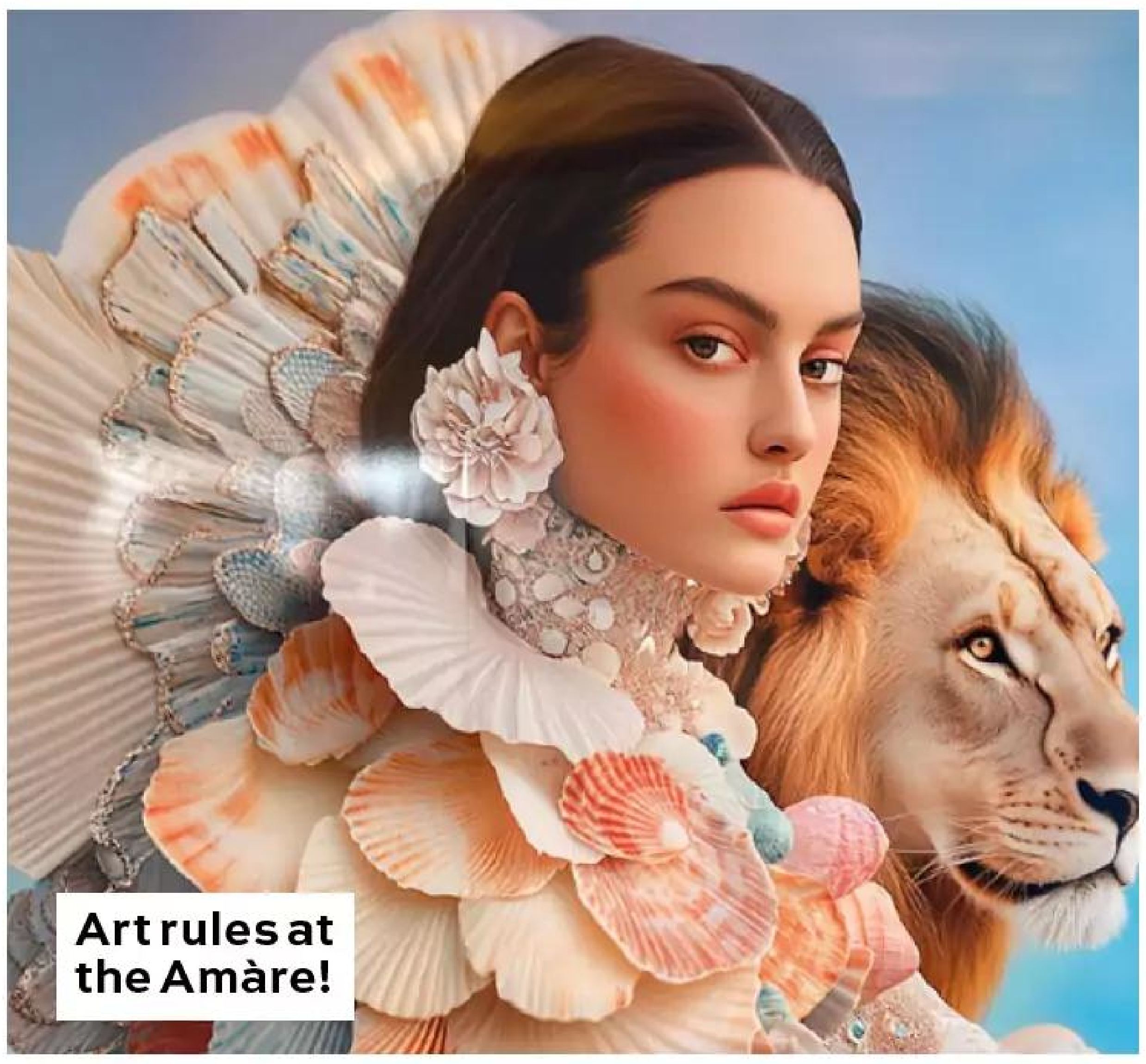
Bèl vue
ROOFTOPBAR

Fall in love with Ibiza all over again. You can still drink cocktails in San Antonio, buy dreamy dresses in Ibiza Town – and stay at the uber cool Amàre

ED-IN-CHIEF **SIOBHAN WYKES**

TRAVEL SNAPSHOT

Looking for a weekend break that takes you back to your youth, but with an added 2025 twist of style? Look no further than Ibiza – the well-known party island. If you – like me – once danced the night away in the Eighties or early Nineties in the bars of San Antonio or the cooler clubs in Ibiza Town, such as Pacha, it's a walk down memory lane – not to mention the fact it is hot from now until October and takes less than two hours to reach from most UK airports.



Art rules at the Amàre!

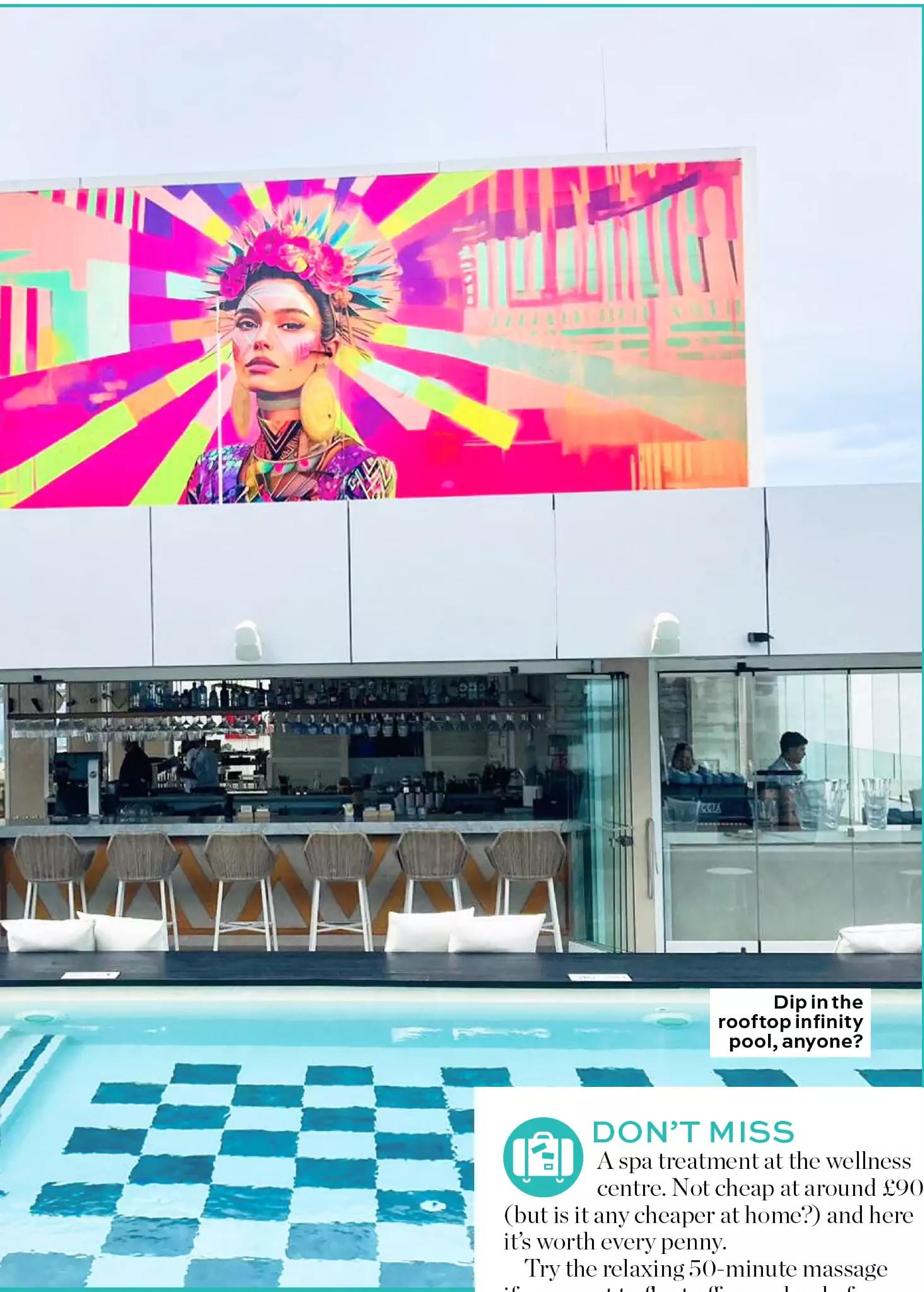
And breathe, two, three, four...

INSIDER'S GUIDE

The music is still playing all day long – by the three pools and at the rooftop with its infinity pool in the Amàre – but not in a blaring, 'now I'm getting a headache' kind of way. It rewinds to the Nineties while simultaneously being loved by the young and beautiful alongside those of us who were part of the original club scene. The hotel is an 'arty space'. Models meet AI and statues by local artists adorn the lobby; there is even a 'hippo' sofa. Want to get away for a bit? Cala Bassa beach is less than 10 minutes in a car and there are local shops with walking distance.

Cocktails are served with style...

PICTURES: GETTY, *AUDE COPIN*



Dip in the rooftop infinity pool, anyone?

GETTING THERE:

Flights from London City to Ibiza take around two hours, but it's accessible from most parts of the country.

STAYING THERE:

For more info and to book, go to amarehotels.com or call 0800 084 3493.

- Prices start from €175 per room, per night on a B&B basis, and €215 per room, per night on a half-board basis for two in a 'I Was Here' room.
- Prices from €215 per room, per night on a B&B basis and €255 per room, per night on a half-board basis for two in a 'Keep The Secret' room.
- Prices from €289 per room, per night on a B&B basis and €329 per room, per night on a half-board basis for two in a 'Oh Là Là The One' room. Includes access to The One lounge, with complimentary snacks and drinks, and 10 per cent discount on the minibar and wellness treatments.
- Amazonia/Asia treatments are €99 for 50 mins and €145 for 80 mins.

White is just right for the bedrooms...

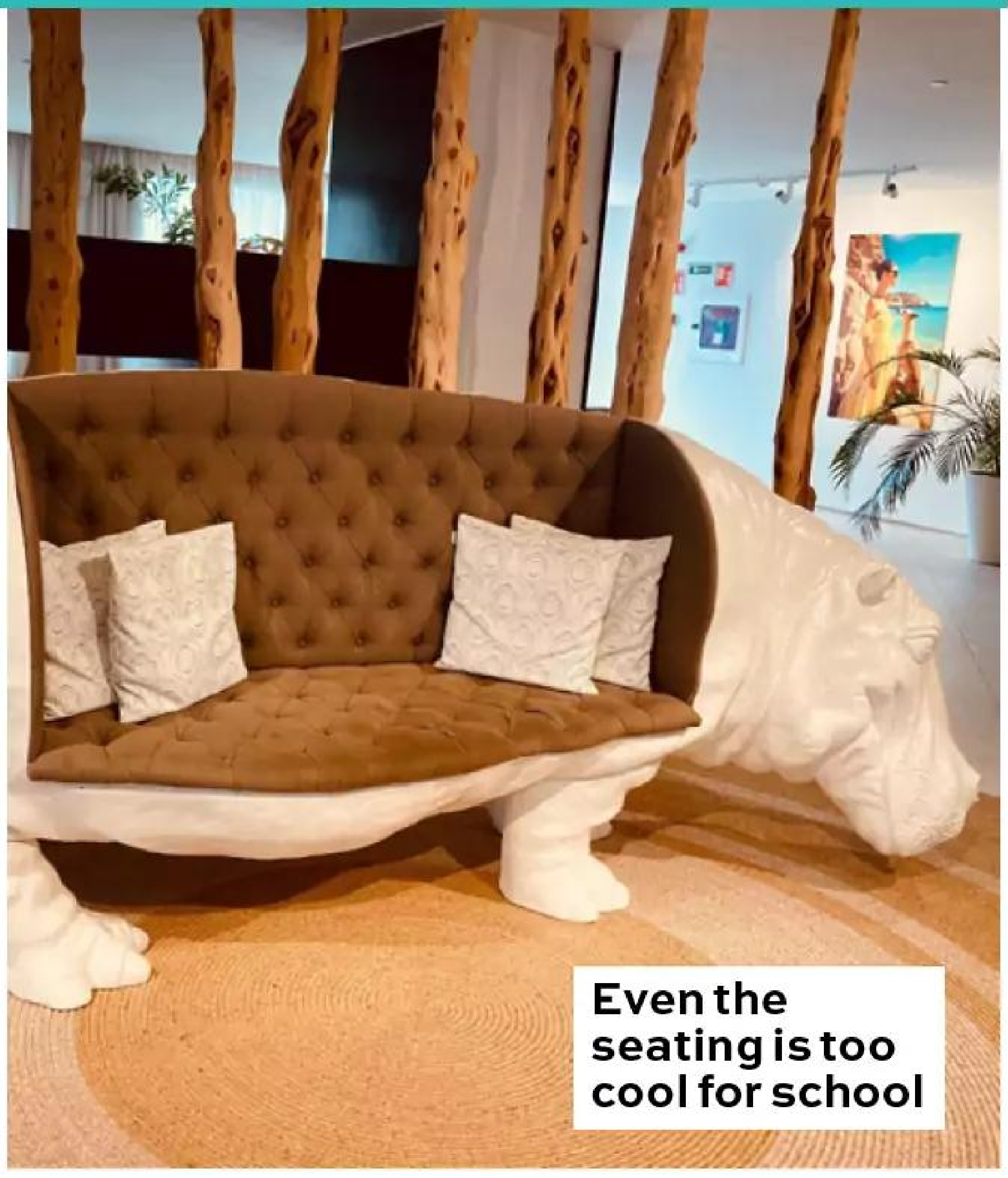
DON'T MISS

A spa treatment at the wellness centre. Not cheap at around £90 (but is it any cheaper at home?) and here it's worth every penny.

Try the relaxing 50-minute massage if you want to float off on a cloud of calmness.... There are also free yoga classes on the roof top for all to enjoy to book early as the classes are for around 10.

FOOD AND DRINK

One of the perfect things about this hotel is you really don't need to leave it to be served up excellent wine and cocktails. Don't miss out on the rooftop experience of Hayaca for food (try the ceviche - raw fish), the cocktails at Belvue, and take pictures at sunset!



Even the seating is too cool for school

LAS DALIAS

Certainly, the most famous hippy marketplace on the island, Las Dalias became the epicentre of fun back in the Fifties. At first, it was a meeting place for idealists. The hippies sold clothes and played music and by the Sixties were putting on concerts in homage to stars including John Lennon, Buddy Holly, Elvis and The Rolling Stones. Open May to September at the weekends.

NA MATATA
HIPPIE
Ibiza
Ibiza
Ibiza
Ibiza
hippie vibes
Ibiza
Ibiza
HAKUNA MATATA
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best HOLIDAYS

FLIGHT-FREE ALPINE BREAK

See the legendary Swiss Alps and ride the Glacier Express

Catch the train from London to Interlaken to see the world's most beautiful mountains on this incredible tour

A truly spectacular journey through Switzerland's mountains awaits on this five-day flight-free tour. Travel by rail from London to Paris and on to Interlaken – your exquisite base in the heart of the Alps. From here, witness the natural beauty of these peaks for yourself on three more train journeys, including a panoramic ride aboard the magical Glacier Express, nicknamed, 'the slowest express train in the world'. You will take boat trips on lakes Lucerne and Thun, ride a train to the summit of Mount Rigi, which is known as the Queen of the Mountains, and explore Switzerland's capital, Bern. A highlight will undoubtedly be your journey on the Glacier Express from Chur to Brig and tucking into a delicious three-course lunch on board.

Reasons to book

FLIGHT-FREE HOLIDAY

Whether you're not interested in flying or are looking to reduce your carbon footprint, travelling by rail is the best way to take in Switzerland's scenery.

PRISTINE LAKES

Cruise the crystal-clear alpine waters of Lake Lucerne and sail the length of Lake Thun, surrounded by mountains.

GLACIER EXPRESS

Ride the iconic red train from Chur to Brig and enjoy a three-course lunch on board as you glide past epic peaks.

PRETTY INTERLAKEN

You'll stay in the beautiful town of Interlaken, surrounded by mountains, dense forests and glaciers.

Soak up pristine Swiss landscapes

Visit the grand capital of Switzerland, Bern

WHAT'S INCLUDED

- **Return journey from London St Pancras to Switzerland by rail on the Eurostar in standard class.**
- **A four-night stay at the Hotel Crystal, Interlaken, with breakfast.**
- **One three-course dinner at a local restaurant in Interlaken.**
- **A four-day Swiss Travel Pass, which covers all rail travel within Switzerland.**
- **A journey on the Lucerne-Interlaken Express scenic train.**
- **A boat trip on Lake Lucerne.**
- **A rail ride to the summit of Mount Rigi.**
- **A journey on the thrilling Glacier Express from Chur to Brig, with a three-course lunch on board.**
- **Visit Switzerland's capital city, Bern.**
- **Cruise the length of Lake Thun, from Thun to Interlaken.**
- **Transfers between stations in Paris.**

BOOK IT

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The extraordinary Hotel of Ice

Spend a night in Romania's Hotel of Ice

Fall in love with bustling Bucharest and let your imagination run wild in Transylvania on one of our most popular tours

The legend of Dracula is just one of the many stories you'll hear on this six-day adventure in Romania. You'll spend three nights in a boutique hotel in the capital, Bucharest, before journeying into Transylvania, where you'll stay one night in the unique Hotel of Ice and another in Brasov, home to Dracula.

You'll stay in Bucharest's old town, the Lipscani district. From here, you can explore the city's medieval heart and visit sites such as Revolution Square and the Palace of the Parliament.

Then you'll be whisked away into the heart of Transylvania. You'll enjoy a stroll around Brasov's cobbled streets, spotting its Saxon walls and Gothic-style Black Church. You'll then head up into the mountains on the Bâlea Lake cable car to check into the magical Hotel of Ice, which is rebuilt every year in snow and ice blocks from a glacial lake in the Fagaras Mountains.

TRAVEL BACK IN TIME TO A LAND OF FOLK TALES

Visit Bran Castle, home to the legend of Dracula

Reasons to book

SLEEP IN THE HOTEL OF ICE

It's redesigned each winter, so every single room is different, featuring snow sculptures that are based on an annual theme.

VISIT DRACULA'S CASTLE

High up on a tall and ominous mountain, with narrow corridors and hidden staircases, Bran Castle is certainly a fitting home for the legend of Dracula.

EXPLORE BRASOV

The old town's cobbled streets and the mountain air create a fairy-tale setting.

WHAT'S INCLUDED

- **Three nights in a boutique hotel in Bucharest, one night in Brasov and one at the Hotel of Ice.**
- **Breakfast every day.**
- **A chance to explore mountainous Transylvania.**
- **Visits to both Bran Castle and Peles Castle.**
- **A free bottle of prosecco – exclusive to *best* readers.**
- **Return flights from the UK to Romania; all transfers, including airport transfers; a bilingual guide and Bâlea Lake cable-car pass.**

BOOK IT

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*From price is per person, based on two people sharing a room, subject to availability. Price and itinerary correct at time of print but may be subject to change. Single supplement: £289. Deposit: 30%. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips and should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded).

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WORDS: LARA NUGENT

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